

miCoach SMART RUN  
User Manual

**mi**coach

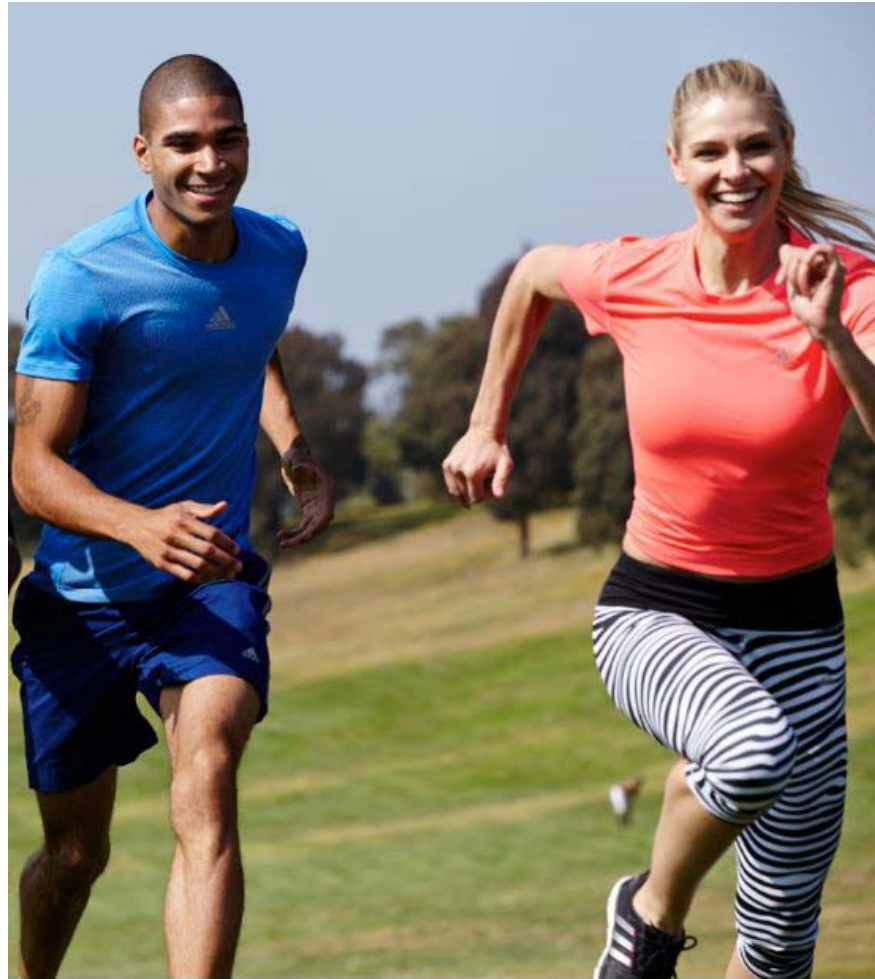
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## 1. Welcome to miCoach

miCoach customizable workouts give you the performance edge needed to get faster, stronger, and better at your sport. miCoach combines real-time audible coaching with an intelligent Web application to help every athlete, from beginner to advanced, get the most out of each training session.



## 2. Your miCoach SMART RUN

Congratulations on purchasing your miCoach SMART RUN. This cutting-edge fitness monitor and personal coach will help you reach your fitness goals and perform your best.

In this user manual, you'll find everything you need to use your miCoach SMART RUN and enjoy a smooth start into the unique experience we've created for you.

The miCoach SMART RUN is the most comprehensive and sophisticated sports running product on the market. Using full-color touchscreen navigation, it brings together a variety of unique features for runners, including:

- Personalized training schedules tailored to your goals
- Unique Run Score value to show your running potential and estimated finish times for races (e. g. marathon, half-marathon, 10K, 5K)
- Revolutionary Strength & Flex training
- Zone-based, real-time audio coaching to guide your run
- Individualized heart rate or pace zones to set workout intensity
- Customizable data metrics on screen
- Vibration alerts telling you to speed up or slow down to achieve your target distance times
- Workout summary and lifetime stats summary for data at a glance
- Continuous heart rate monitoring from your wrist (no more chest-based heart rate monitors)
- GPS tracking to map your runs
- Timer and stopwatch functionality
- Wireless audio through Bluetooth® (headset not included)
- 3GB of music playlist storage to keep you entertained on the go
- Workout tracking, monitoring, and stat sharing

- Wireless connectivity to miCoach.com for complete workout history and training programs
- Continuous software updates with new functions and features via WLAN

miCoach SMART RUN is your personal coach. Using personalized training schedules, GPS mapping, and integrated heart rate monitoring technologies, your miCoach SMART RUN guides you to ensure you're getting the most out of each run.

It takes the guesswork out of training by knowing how hard to push you and for how long. With your miCoach SMART RUN, you'll never overtrain or undertrain again.

### Data Tracked

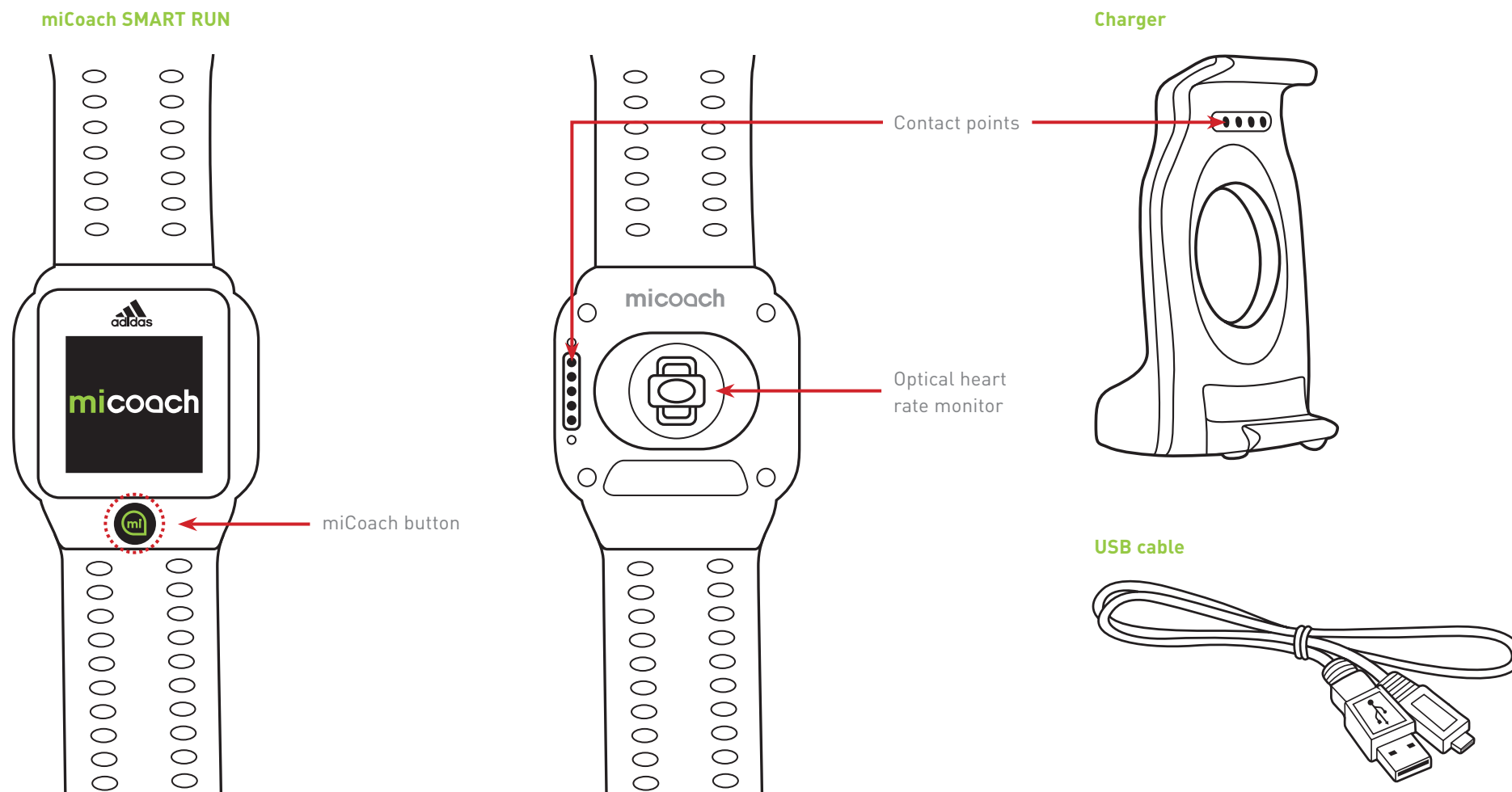
- Heart rate (in BPM)
- Calories
- Distance
- Route
- Speed
- Workout duration
- Pace
- Running cadence
- Auto Laps (time or distance based)
- Manual splits (time or distance based)





## 2.1 Overview

When you open your package, you'll find everything you need to use your miCoach SMART RUN.



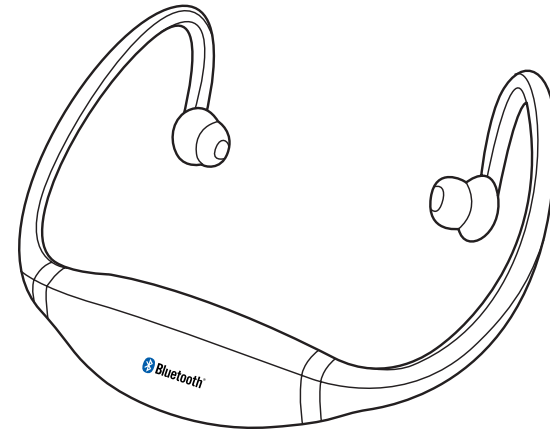
## 2.2 Compatibility

To give you a better, more complete experience, your miCoach SMART RUN works with devices compatible with Bluetooth® Smart technology.

### SPEED\_CELL™ Bluetooth® Smart Compatible



### BLUETOOTH® wireless headset\*



**Note:** If you haven't paired your miCoach SMART RUN with a Bluetooth® device, pair them before you start working out (see section 4.4.2.3).

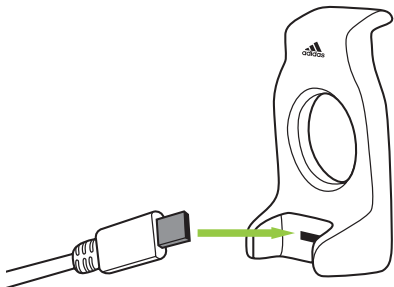
\*Bluetooth® wireless headsets not included in sales package. Image illustrative only.



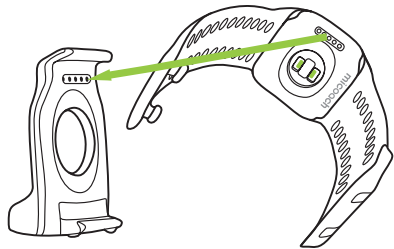
### 3. Basic steps

#### 3.1 Charging

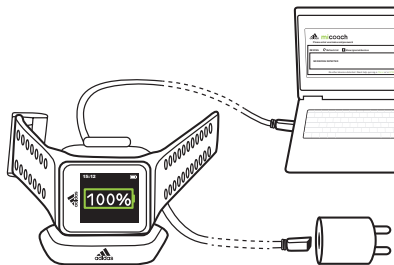
It's tempting to start using your miCoach SMART RUN right away, but you'll need to charge it in the charging cradle before your first workout. This cradle is also used for transferring music files.



Connect the USB cable to the charger ...



... align the pins and place your miCoach SMART RUN on the charger ...



... plug the USB cable into your PC/Mac or any compatible AC adapter to charge.

When your miCoach SMART RUN is turned on and connected to your PC/Mac, the screen goes to the Settings domain. The battery status and battery charging icon will be visible.

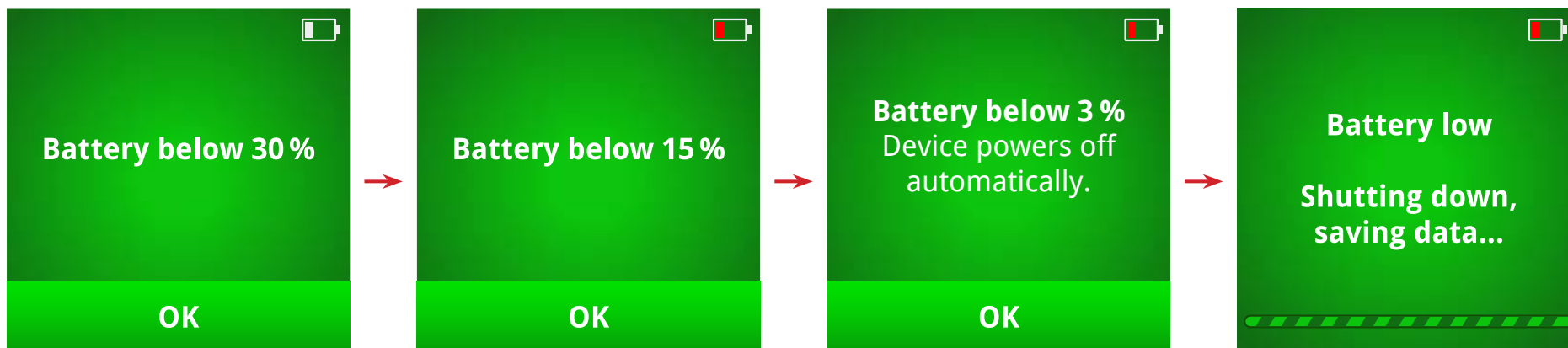
This icon and steady increase of the battery percentage tells you that your miCoach SMART RUN is charging. You'll also see the animated battery icon in the status bar (see section 3.2). After 20 seconds of inactivity, the screen will go blank. Press the miCoach button to activate the screen and see the Clock domain.

**Note:** For smoother, faster charging, we recommend not using your miCoach SMART RUN while it's charging.



### Battery Indication

While wearing your miCoach SMART RUN, it will notify you if the battery is running low. You'll see the following notifications.



The first notification will be when the battery level is below 30%.

The second notification will appear when the battery level is below 15%.

When the battery runs out, your miCoach SMART RUN will automatically shut down.






Don't worry about your data. Your miCoach SMART RUN will automatically save it before shutting down.






## 3.2 Status icons

To make your miCoach SMART RUN easier to use, we've created status icons at the top of your miCoach SMART RUN screen to show active or enabled items. There are user-prompted icons and icons that are always active.

### User-Prompted Icons

Icon	Icon Name	What it Means
	Flight mode	Flight mode will automatically disable WLAN and Bluetooth® so their indicators won't be shown when in flight mode.
	Heart rate	Your heartbeat is being detected by the device.
	GPS	GPS positioning is active.
	Bluetooth®	Bluetooth® connectivity is active and your miCoach SMART RUN is connected to an external sensor (e.g. miCoach SPEED_CELL™) or a headset.
	WLAN	Your miCoach SMART RUN is connected to an active WLAN network.

### Always Active Icons

Icon	Icon Name	What it Means
	Battery life (partially full / half full / almost empty)	Displayed in your miCoach SMART RUN's header and shows the current life of the battery.
	Dimmed GPS	GPS is on but your miCoach SMART RUN has a weak signal or no signal.
	Dimmed Bluetooth®	Bluetooth® is on but your miCoach SMART RUN isn't connected to a sensor or headset.
<b>10:48</b>	Time	Time of day.

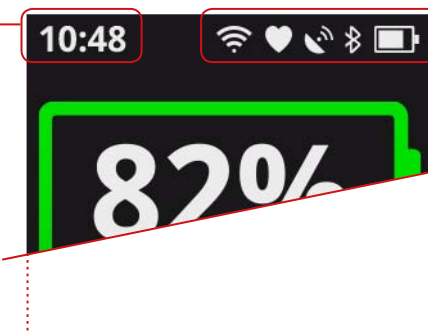
Status icons are placed on the screen as indicated below.

#### Current time

The upper left-hand corner of all status bar views will show the current time.

Exceptions:

1. WPS connection timeout where the remaining connection time is shown instead.
2. Strength & Flex Workout countdown.



#### Active items

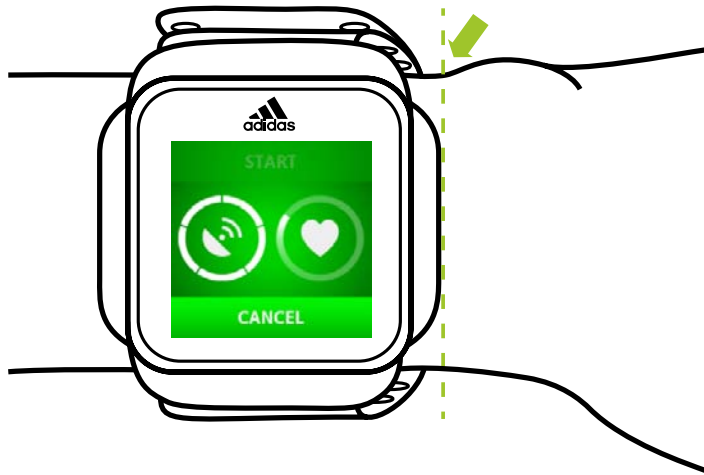
Active item icons are displayed in the upper right corner (right aligned).

The details of these icons are defined in several places during these guidelines.



### 3.3 Wearing your miCoach SMART RUN

Your miCoach SMART RUN uses revolutionary technology to accurately track your heart rate. To get a good heart rate signal and the best results possible, follow the simple steps below.



- Fasten your miCoach SMART RUN snugly so the optical sensor on the back of the device makes tight contact with your skin. You want it close fitting, but not too tight.
- Wear your miCoach SMART RUN away from, not on, your wrist bone. If you have small wrists, wear it higher on the forearm.
- Exercise for a few minutes before turning on your miCoach SMART RUN heart rate monitor for the best results.

If you continue experiencing challenges in getting your heart rate, try the following steps.

- Tighten the strap and/or move your miCoach SMART RUN further up your forearm.
- If it's cold outside, activate the heart rate reading while indoors and or wear a long-sleeved top to cover it.
- If you're still having trouble, try wearing it on your other wrist.
- Minimize hand movement and extreme bending of your wrist while using your miCoach SMART RUN's heart rate sensor.



### 3.4 Turning your miCoach SMART RUN on/off

#### Turning your miCoach SMART RUN on

Press the miCoach button until the device vibrates to turn on your miCoach SMART RUN.



Once the miCoach SMART RUN turns on, you'll see welcome screens, including the adidas and miCoach logos and a pulsing animation while it boots up.

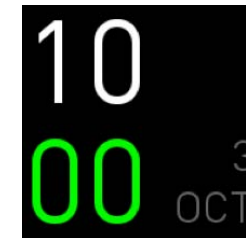


1. adidas logo

2. miCoach logo

3. Pulse animation

Once it's booted up, you'll see the Clock domain and your miCoach SMART RUN will be ready to go (to change your Clock domain's appearance, see section 4.1).



### Turning your miCoach SMART RUN off

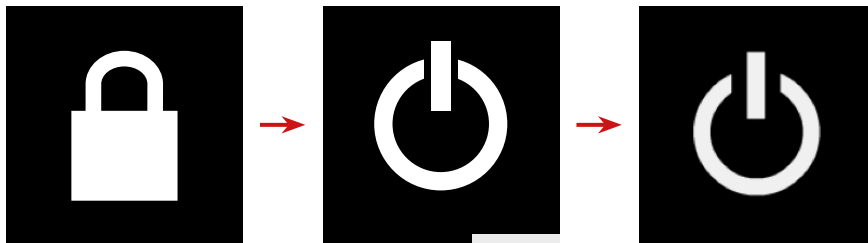
You have two options to power off your miCoach SMART RUN.

#### 1. With miCoach button (from locked state)

Press and hold the miCoach button. This will follow the same sequence used for locking the screen (see section 3.9).

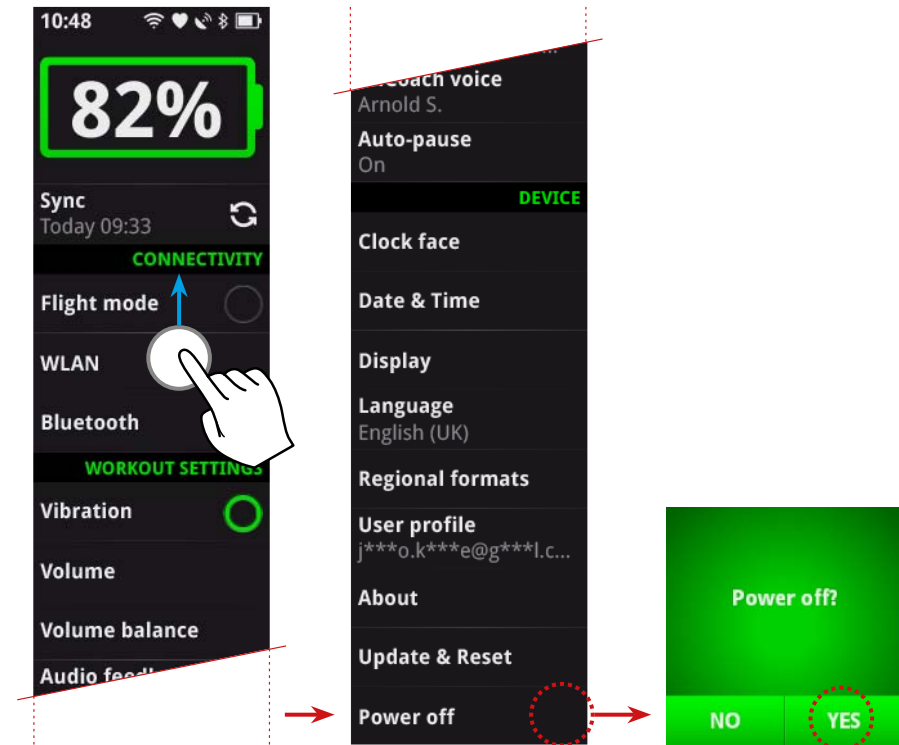
Pressing the button during the locking animation produces a power switch image and a progress bar at the bottom.

Press the button until the progress bar reaches the end and powers off your miCoach SMART RUN. Your miCoach SMART RUN will vibrate to confirm that the power is off.



#### 2. From Settings (see section 4.4.4)

Under the device subdomain, tap “Power off” to turn it off.



### Restarting your miCoach SMART RUN

If your miCoach SMART RUN isn't reacting or freezes, press the miCoach button for 8–10 seconds to shut down your miCoach SMART RUN without any animations. Press it again to restart.





### 3.5 Setting up your miCoach SMART RUN

Before working out with your miCoach SMART RUN for the first time or after resetting (see section 4.4.4), follow the directions on screen.

The battery level will be shown if the level is below 50%. Please charge the device (see section 3.1) before follow setup instructions. The power on sequence will appear before following.



1. adidas logo

2. miCoach logo

3. Pulse animation

**Note:** To learn how to navigate through the domains and subdomains, see section 3.7.

#### Indicator for tapping

This shows your selection and the direction of the animation for the next screen.



#### Indicator for dragging

This shows your selection for dragging and the direction of the drag gesture. Note that the direction of the animation is reversed.



**Step 1:** Choose your language and confirm it.



You also have the option to connect to your WLAN via WPS if it's available on your router.

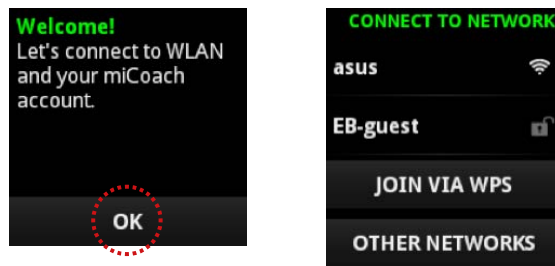


Once your miCoach SMART RUN is connected to your WLAN, you'll see a connection screen.

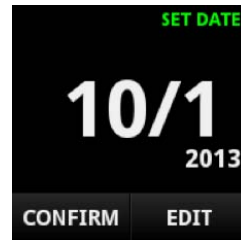
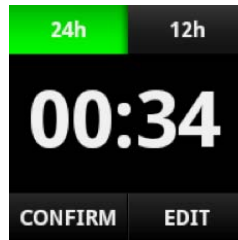


**Step 2:** Connect to your WLAN.

Connect to your WLAN and enter your passkey using the virtual keyboard (see section 3.8 for keyboard use).

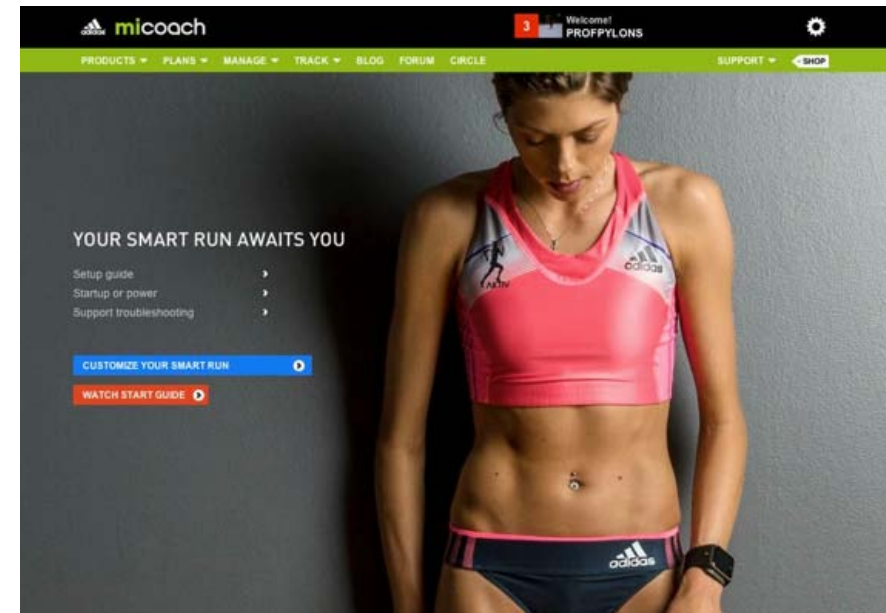


**Step 3:** Choose your time zone and confirm/edit time and date.

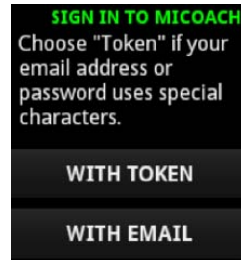


**Step 4:** Log in with your miCoach account.

If you don't have a miCoach account, visit [miCoach.com/start](http://miCoach.com/start), sign up, and log in from your miCoach SMART RUN.



If you already have an account, enter your account details using the token or with email.

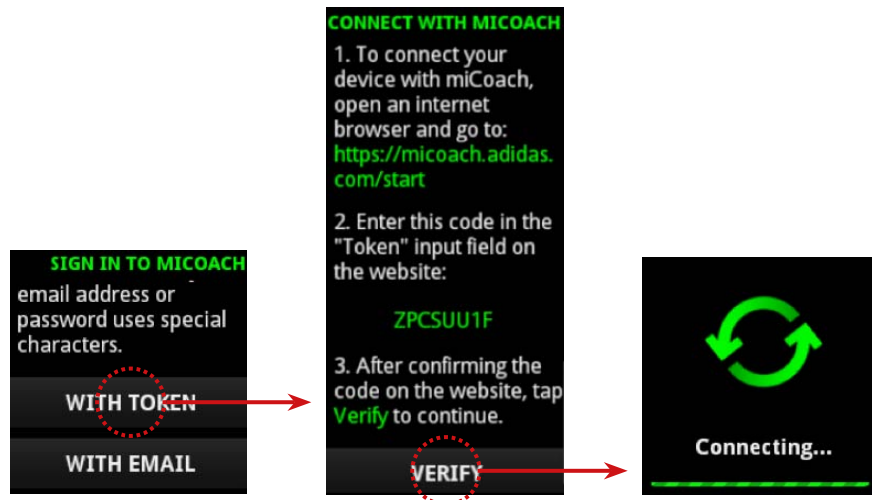


#### a) With token

To use the token-based sign in, go to [micoach.com/start](https://micoach.com/start) to enter the token shown on your miCoach SMART RUN.

After confirming the code on the website tap "VERIFY" on the device to continue.

**Note:** If your miCoach.com password uses special characters, you'll need to sign in using a token.

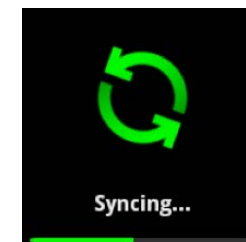


#### b) With email

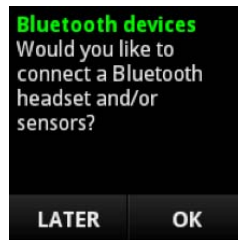
To sign in using your email, use the virtual keyboard (for more details on the keyboard, see section 3.8).



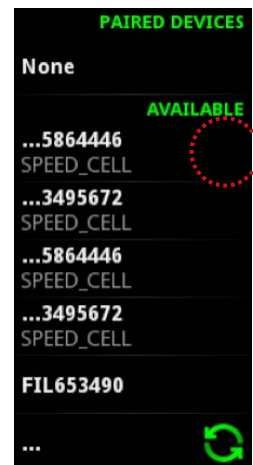
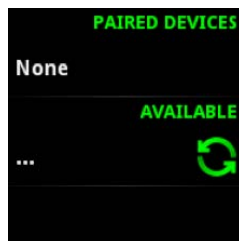
While your profile is syncing, you'll see this screen. Please note that the syncing process can take a few minutes to complete.



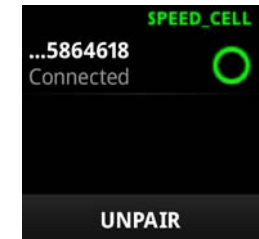
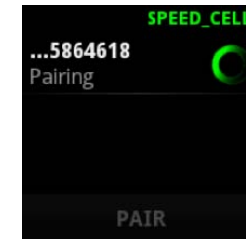
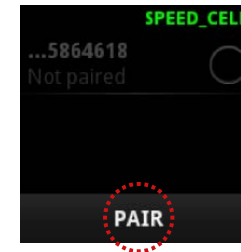
**Step 5:** Add a Bluetooth® device if you have one (if you want to pair it later, see section 4.4.2.3).



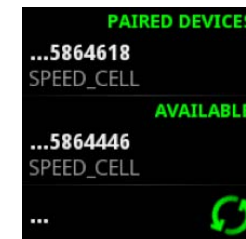
Your miCoach SMART RUN will check for Bluetooth® devices. Select the device you want to pair.



The pairing process will start and your headset will be connected.



Pairing devices can be done repeatedly. To dismiss this option, tap "DONE".



**Step 6:** Start using your miCoach SMART RUN.

When your miCoach SMART RUN is ready, you'll see a check mark. Swipe to reveal the Clock domain and start using your miCoach SMART RUN.

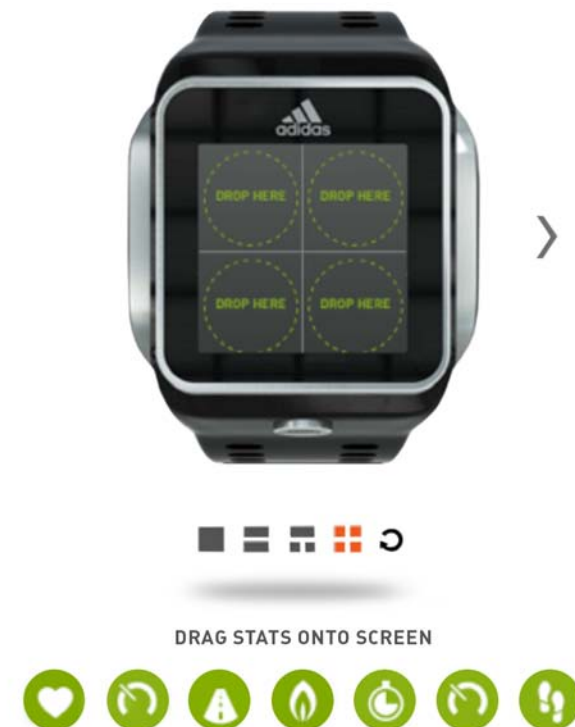


### 3.6 Creating customized workout screens

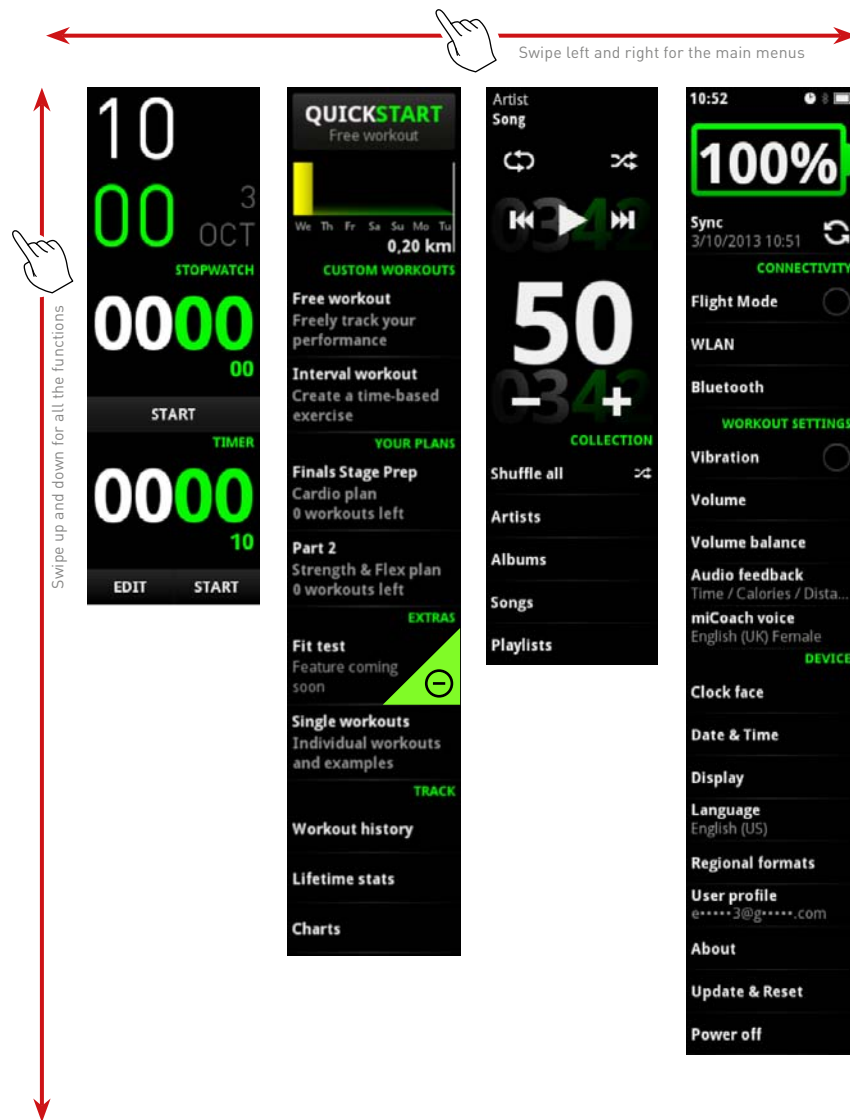
During your Free Workouts and coached workouts, you can check your realtime feedback on the screen (see section 4.2.1.1 and 4.2.2.1 for more information).

You can also create your own customized workout screens with one, two, three, or four metrics. This allows you to select and arrange these metrics on [miCoach.com/start](http://miCoach.com/start) in the miCoach SMART RUN settings. This is the only way to edit the layout, so it requires you to manually sync your miCoach.com settings with your miCoach SMART RUN (for details about the manual sync, see section 4.4.1.2).

Check the image for directions on how to choose the screen metrics.



### 3.7 Navigating your miCoach SMART RUN



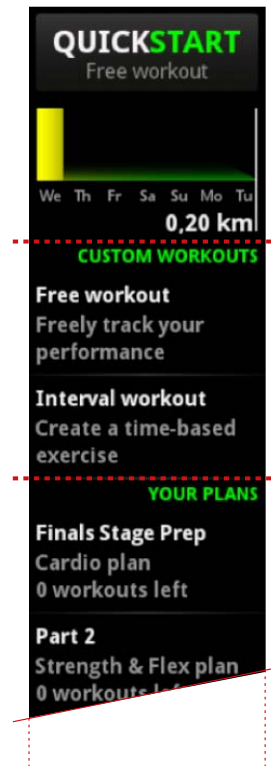
There are four domains on your miCoach SMART RUN. To move from one domain to the next, swipe the screen to the left.



To see each domain's subdomains, swipe up and down.



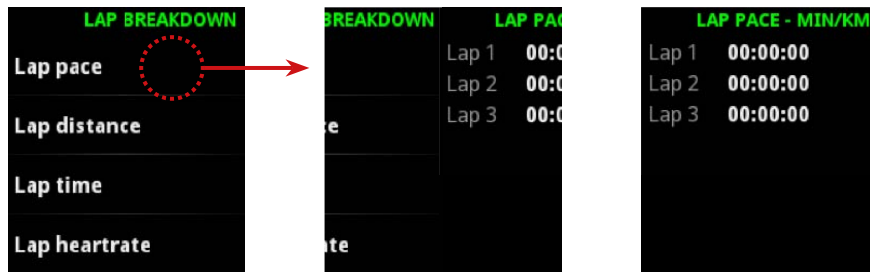
Your miCoach SMART RUN screens work two ways: screen-based scrolling and free scrolling. Screens using screen-based scrolling scroll and stop within a set limit.



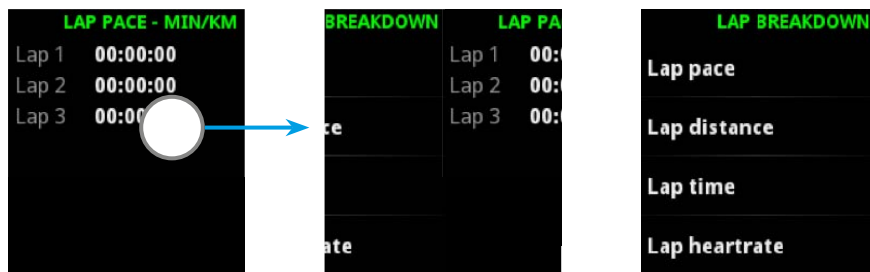
Screens using free scrolling scroll without limitations and can stop anywhere between list items.



To select a specific screen when scrolling freely, tap on the screen. This slides the following view into place from the right.

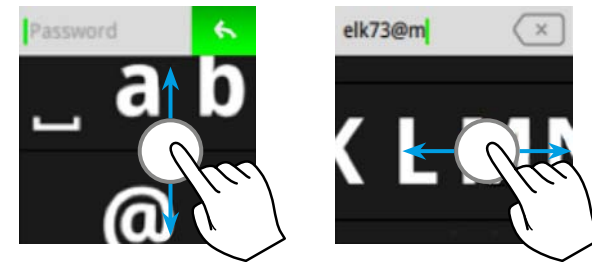


To go back, drag the previous screen into view (note that the view on the right appears from the left).

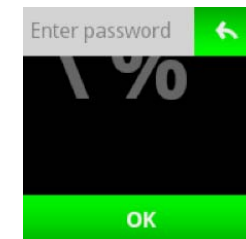


### 3.8 Keyboard use

Your miCoach SMART RUN's virtual keyboard allows you to manually enter information. To access the keyboard's multiple layers, swipe the screen vertically. The keyboard views are paging so that each keyboard snaps into place when entering the view. The keyboards are horizontally scrollable to choose the letters. To make a selection, tap on the item you'd like to enter.



Swiping the third and last keyboard up reveals the "OK" button and disables the keyboards. If you don't interact with the screen for 10 seconds, the screen will scroll down and disable the keyboards. Scroll up to continue using the keyboards.





### Uppercase letters



### Lowercase letters



### Numbers and symbols

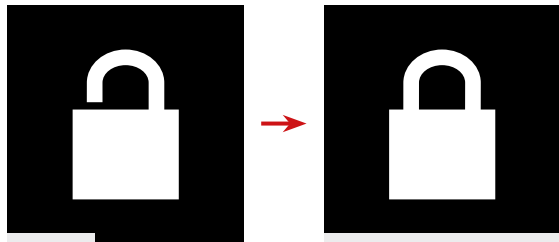


**Note:** Special characters from other languages aren't supported. To connect your miCoach SMART RUN with your miCoach account, use the token sign in (see section 3.5).



### 3.9 Screen lock

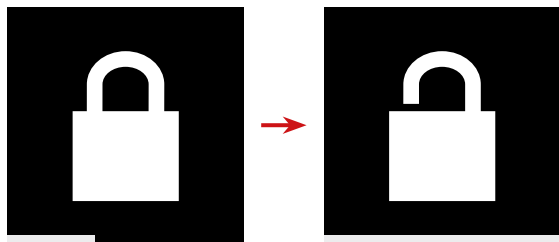
Pressing and holding the miCoach button produces a lock symbol and a progress bar at the bottom of the screen. The bar advances as long as the button is pressed. The locking starts after the button is pressed for 0.5 seconds. After 1 second, the bar reaches the end of the screen and locks it. This changes the unlocked symbol to a locked symbol.



In workout mode, the screen never locks. This allows you to see your stats at all times. Continuing to press the miCoach button turns off your miCoach SMART RUN (see section 3.4).

#### Unlocking the screen

When the screen is locked, press and hold the miCoach button to unlock the screen. The bar advances as long as the button is pressed. After 1 second, the screen unlocks.



### 3.10 Display sleep mode

You can also wear your miCoach SMART RUN as a regular watch. When wearing it as a watch and using it in workout mode, the screen will automatically go into sleep mode after approximately 30 seconds. Sleep mode helps increase the battery life.



A short press on the miCoach button wakes up the display and shows the Clock domain.

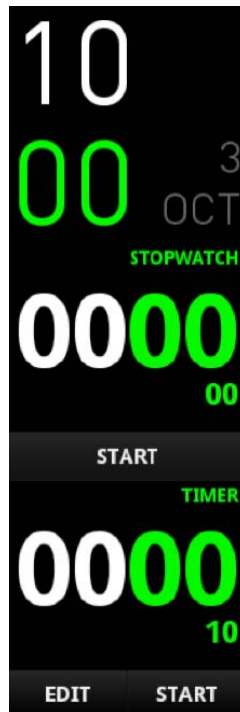
If you prefer to always see the time of day, go to the Settings domain (see section 4.4.), tap on "Display" in the Device section, and choose the stand-by clock option. Now the clock face you selected will be visible even when your miCoach SMART RUN goes into sleep mode.



## 4. Using your miCoach SMART RUN

### 4.1 Clock domain

When you unlock your miCoach SMART RUN or press the miCoach button while it's locked, the Clock domain will appear.

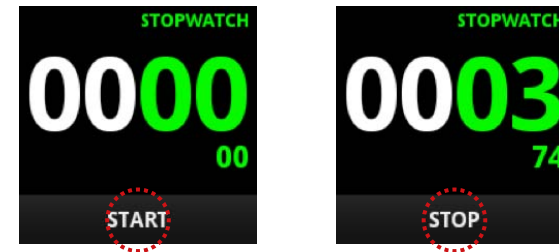


To choose a different clock face, go to the Settings menu to browse options (see section 4.4.4).

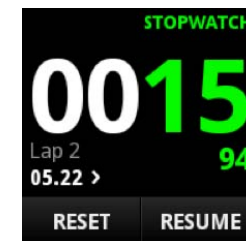
### 4.1.1 Stopwatch

Your miCoach SMART RUN also has a stopwatch. Using the stopwatch during your workouts allows you to time your runs and create laps.

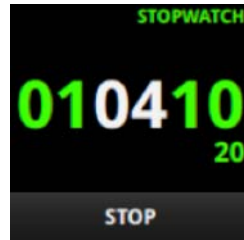
To time yourself, tap the “START” button on the stopwatch. Tapping “STOP” will pause the time.



Tap “RESUME” to continue timing your run or tap “RESET” to return to the default setting.



When the stopwatch exceeds 60 minutes, the numbers shrink to accommodate hours in front of the count.



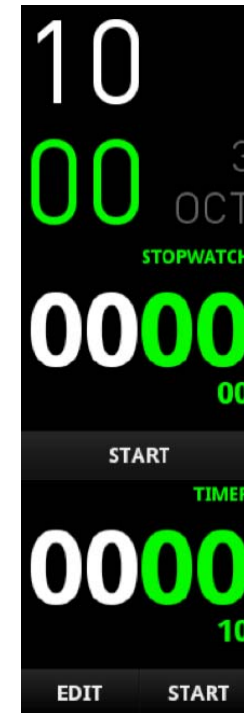
To create a lap, start the stopwatch. Once you've completed the lap, press the miCoach button. Your miCoach SMART RUN will vibrate and the lap will appear on the screen.

To review your laps, stop the stopwatch and tap the area between the header and buttons in the summary view.

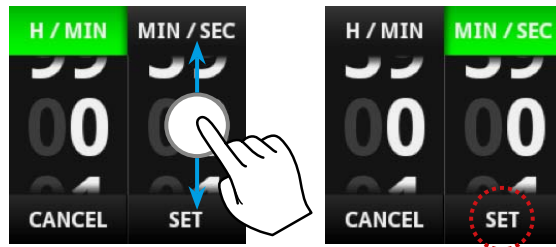


#### 4.1.2 Timer

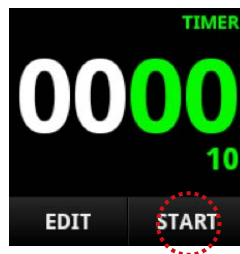
To use the timer, tap the "EDIT" button and set the time.



To set the timer, scroll using the tumblers. You can also move between h/min and min/sec. The default timer value for first-time use is 00:00. The “START” button is disabled whenever the value is zero.



Setting the timer enables the “START” button. Whenever the timer returns to default, the latest setting is displayed.



When paused, the timer can be resumed or reset to current default.



#### Status bar icon



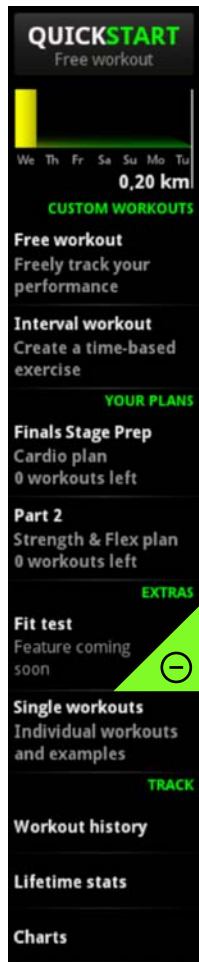
The stopwatch and timer share the same status bar icon. This icon is used whenever the stopwatch or timer is active, but running in the background.

For more information about other icons on the status bar, see section 3.2.

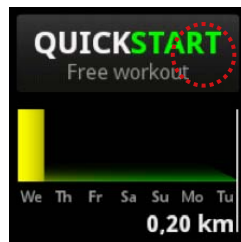


## 4.2 miCoach domain

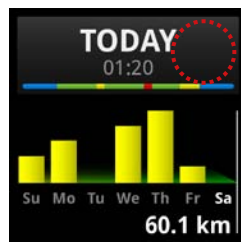
The miCoach domain is divided into four subdomains: Custom Workouts, Your Plans, Extras, and Track.



If no workouts are planned, you'll see the quick start screen. Tap "QUICK START" to do a Free Workout.

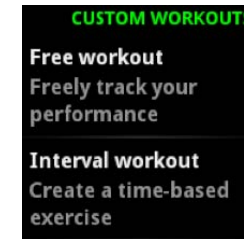


If you have a scheduled workout or have a plan on miCoach.com, you'll see that day's workout. Tap "NEXT" to start your scheduled workout.



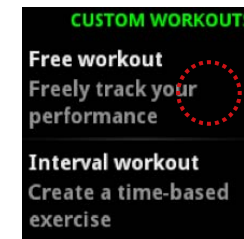
## 4.2.1 Custom Workouts

Custom workouts are divided into Free Workouts and Interval Workouts.

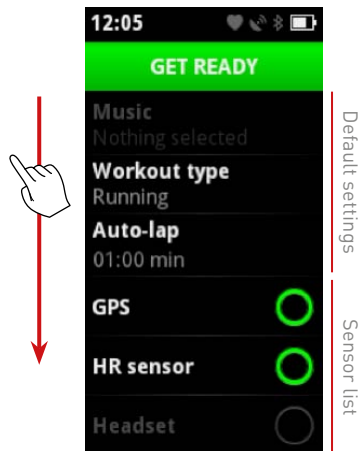


### 4.2.1.1 Free Workouts

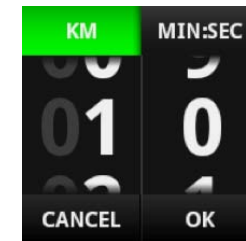
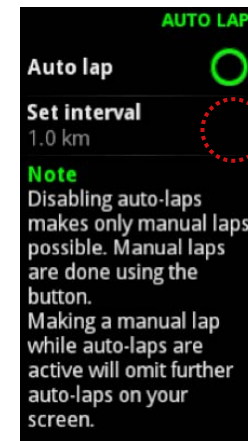
A Free Workout is a perfect way to track your stats during a workout that doesn't include coaching. To start a Free Workout, tap "Free Workout."



The get ready screen will open. Scroll down to access the settings and the sensor list.



With the Auto Laps feature, your miCoach SMART RUN can automatically track laps based on time or distance. You can set interval values by tapping “Set interval.” This opens a tumbler for setting the value. In this view, the interval type is set to either distance or time. Setting Auto Lap off disables the set interval item.



When changing any default setting in any workout mode, new defaults will be set for all workout modes.

To learn how to manage your music while working out, see section 4.3.3.



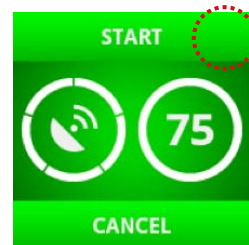
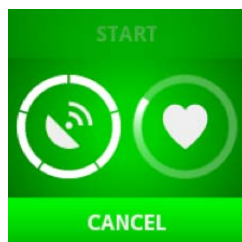
In the sensor list, all sensors you've already paired with your miCoach SMART RUN will appear. If you're working out inside, you can disconnect GPS in this view.

Once you're done with the settings, tap "GET READY" and wait until the selected sensors (GPS and/or heart rate) are found. During sensor detection, you'll see a moving circle around each sensor icon.

Once the sensors are found, you'll see your heart rate on the right-hand side and the GPS signal strength represented by the number of bars around the satellite icon. You'll find a breakdown of how the bars relate to GPS accuracy below:

- 0 bars:  $\geq 100$  m
- 1 bar: 99–77 m
- 2 bars: 76–53 m
- 3 bars: 52–29 m
- 4 bars: 28–6 m
- 5 bars:  $\leq 5$  m

So to summarize, the more bars you have, the more accurate your measurements will be.

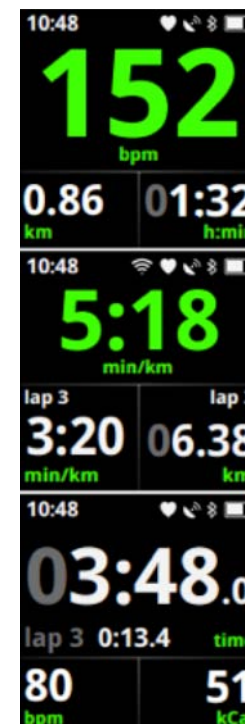


You're now all set and ready to start your workout!

### During a workout

During your workout, you'll be able to check your real-time feedback. Depending on the coaching method selected, the order of your screens will vary.

#### Heart rate metrics

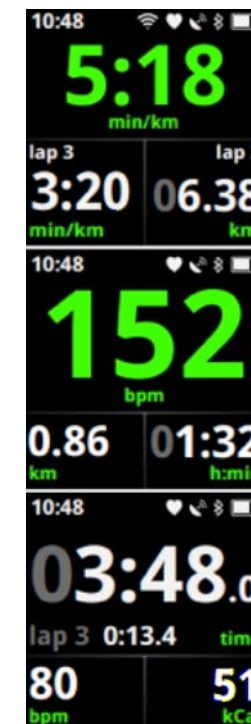


Heart rate screen

Pace screen

Time screen

#### Pace metrics



Pace screen

Heart rate screen

Time screen





**Heart rate screen:** The metric and main number coloring is based on your current heart rate zone. Metrics on this screen include current heart rate, distance, and workout time.

**Pace screen:** Metrics on this screen include current pace, current lap, current speed, and distance within the current lap.

**Time screen:** Metrics on this screen include time elapsed, time on this lap, and total calories.

You can also create customized workout screens. For more information, see section 3.6.

### Manual Splits

Pressing the miCoach button creates manual splits while working out.

This screen is shown for 4 seconds before it returns to the workout realtime feedback screen.



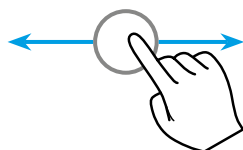
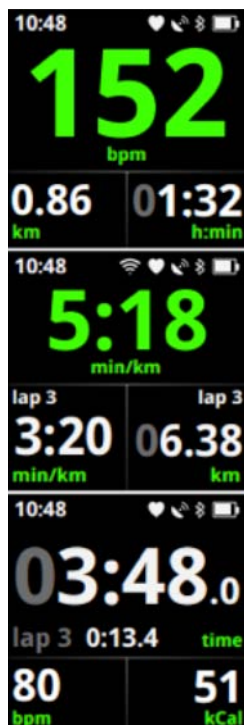
If Auto Laps are enabled, the laps view appears per Auto Lap at the intervals set in the Auto Laps settings (see default settings at the beginning of section 4.2.1.1). This means that the screen appears without your interaction. If you create a manual split, Auto Laps are no longer displayed but are still tracked in the background.

When using manual split or Auto Lap, the manual split or Auto Lap follows the intensity zone color you've been working out in.

After your workout, you can review recorded Auto Laps and manual splits. If Auto Lap isn't activated, only split times are shown in the lap breakdown and the workout duration is shown as lap one.



During a workout, you can access your main stats screen as well as the Music domain.



Scroll sideways to access both screens.



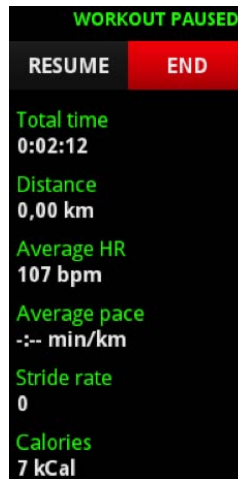
Pause your workout with a long press on the miCoach button.



**Warning:** Avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.



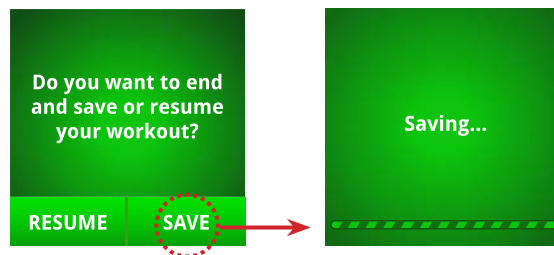
Tap “RESUME” to continue your workout or “END” to finish and save your workout summary.



Tapping “RESUME” returns you to your workout. To end your workout and see your workout summary, tap “SAVE.”



When you choose to end your workout, you’ll be asked to confirm to continue.



You can rate your workout on the summary screen. The rating stars are 1 to 5 from left to right. Tap one star to select it. To deselect a star, tap it again. Tapping “DONE” takes you back to the main screen.



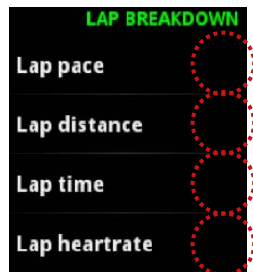
## Run Score

In the summary screen, you'll see your Run Score. This feature is only available after Free Workouts. Whether you're planning to run a race or you just want to keep track of your improvements, the Run Score feature can help. You'll be assigned a Run Score between 0 and 1000. 0 is your walking pace and 1000 is world record pace. Periodically throughout your training, do a Free Workout to get a new Run Score. Comparing your results over time will show you how you're improving and provide you with predicted race finish times for marathon, half-marathon, 10K, and 5K distances.

To see an overview of your predicted race finish times, tap "Run Score". Times are based on your last Free Workout. If you're looking to improve your running further and conquer a race, check out miCoach Cardio plans on [miCoach.com](http://miCoach.com).

## Lap Breakdown

Lap breakdown data is split into subscreens.



LAP PACE - MIN/KM	
Lap 1	00:00:00
Lap 2	00:00:00
Lap 3	00:00:00

LAP TIME	
Lap 1	00:01:00.00
Lap 2	00:01:00.00
Lap 3	00:00:49.00

LAP DISTANCE - KM	
Lap 1	0,00
Lap 2	0,00
Lap 3	0,00

LAP HR - BPM AVERAGE	
Lap 1	125
Lap 2	99
Lap 3	60



Split data shows all the information about recorded splits.

SPLIT DATA	
<b>Split 1</b>	00:00:08.30
0,00 km	-- min/km
54 bpm	
<b>Split 2</b>	00:00:02.32
0,00 km	-- min/km
54 bpm	
<b>Split 3</b>	00:00:02.54
0,00 km	-- min/km
54 bpm	

You can also choose your shoes here. Tapping any shoe on the list sets a new default.

SHOES	
<b>Stratosphere Mk II</b>	128 km
<b>Big Foot</b>	35 km



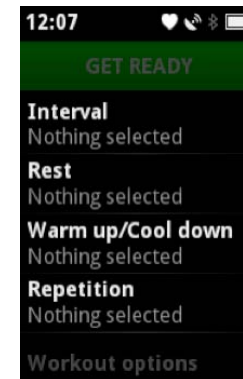
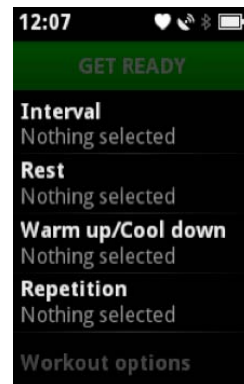
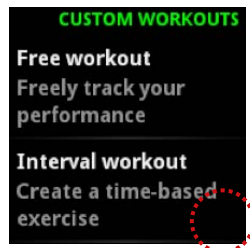
### 4.2.1.2 Interval Workout

Interval Workouts improve strength, speed, and endurance. This style of working out keeps workouts fun and fresh and helps you avoid burning out.

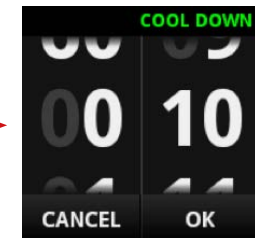
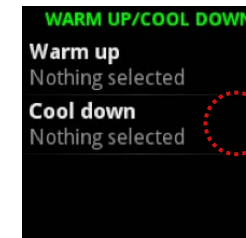
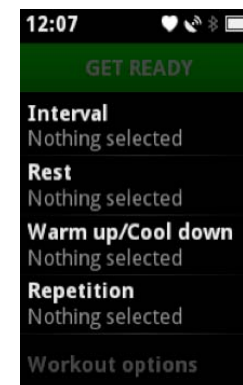
Interval Workouts train your body at varying intensities: run fast, slow down, and repeat.

miCoach uses personalized training zones to determine your interval. The miCoach Zones are based on heart rate to help you gauge your efforts. There are four zones – Blue, Green, Yellow and Red. Each corresponds to an effort level. miCoach personalizes your zones based on the data collected during your Assessment Workout.

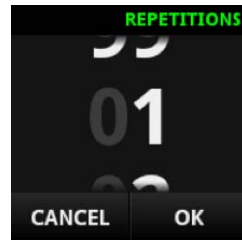
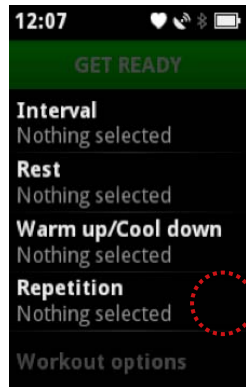
You can set intervals, rest periods, warm-up and cool-down periods, and repetitions for Interval Workouts. During Interval Workouts, you can't record manual laps. The Auto Lap setting works as usual.



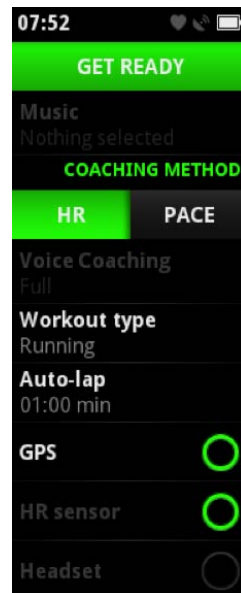
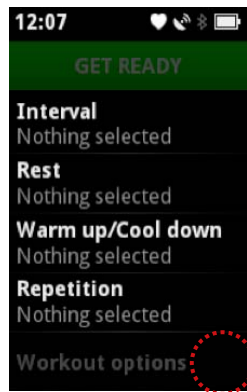
The warm-up and cool-down option also allows you to use manual controls. The default setting for manual warm-up is disabled.



To set repetitions, tap “Repetition” and use the tumbler.



Interval Workout options are similar to Free Workouts. The only difference is that there is no marathon mode.



The Interval Workout screen is similar to the Free Workout screen (see section 4.2.1.1), but it has a built-in graphic displaying the colored intervals.



Heart rate screen

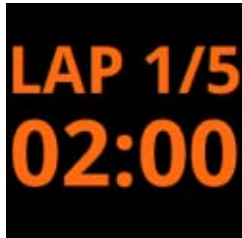
Pace screen

Time screen

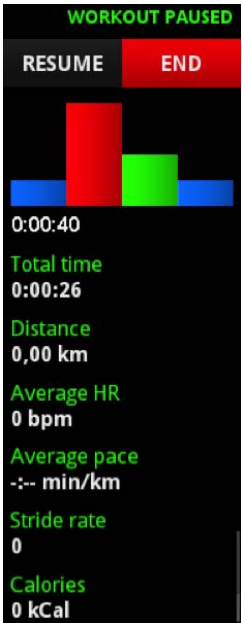


Changing your zones (heart rate or pace) during Interval Workouts works the same as changing your zones in coached workouts. (For more details about changing zones, see section 4.2.2.1.)

The only difference is the wording.



Pausing and ending an Interval Workout works the same as in a Free Workout (see section 4.2.1.1).

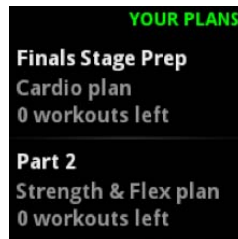


## 4.2.2 Your plans

miCoach offers both Cardio and Strength & Flex plans to improve your strength, power, speed, agility, flexibility, and more.

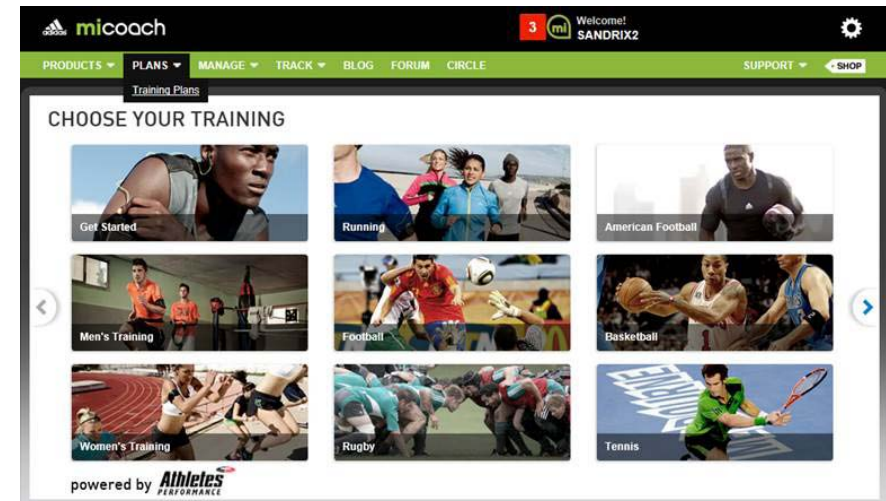
These plans provide the full-range of training you need to succeed. Browse the training categories to add a Cardio plan, Strength & Flex plan, or both to your schedule.

This subdomain is divided into two parts: Cardio and Strength & Flex. If you have an active plan on miCoach.com, you'll see the name and the number of workouts left.



If you want to set up a plan, visit [miCoach.com](http://miCoach.com) and log in. If you don't have an account, please sign up at [miCoach.com/start](http://miCoach.com/start).

After logging in, select Plan from the main navigation, go to Training Plans, and choose a plan.



Every plan starts with an Assessment Workout. We recommend you take this assessment to identify your individual intensity zones based on heart rate and pace. As your fitness level improves, retake your Assessment Workout to update your zones. To retake your Assessment Workout, go to Single Workouts (see section 4.2.3.2).

Once you set up your plan, sync your miCoach SMART RUN (syncing instructions on section 4.4.1.2) to see your plan.





### 4.2.2.1 Cardio plan

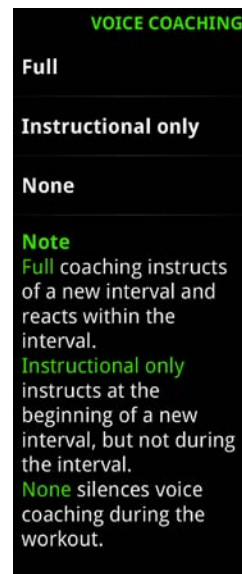
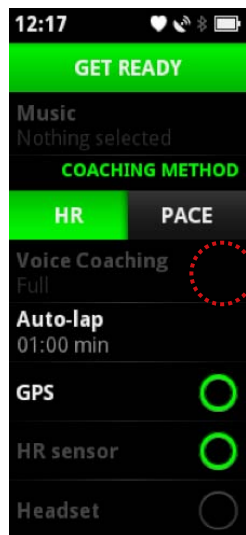
Cardio workouts focus on burning calories rather than developing muscle mass.

The plan view initially shows upcoming workouts in the order they'll be performed. Scroll down to see previous workouts.

Touch on any list item in the previous view to open coached workouts. In this view, you'll see the workout graph in a bigger format and coach notes detailing the workout.



Coached workouts work differently from the Free Workouts (see section 4.2.1.1). The voice coaching setting opens a list of voice coaching options. Selecting any of these returns you to workout options and changes the status label of this item. There is no marathon mode in coached workouts. Activity type is set by the exercise. Tap „GET READY“ to start your workout.



### During a workout

The main screen displays an elastic band with current heart rate, pace, and target zones.



Heart rate screen

Pace screen

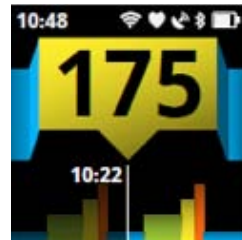
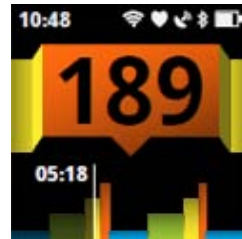
Time screen



The workout plan graph shows current time and position. This graph dims as time passes and the marker moves accordingly. At the halfway point, the time indicator moves to the other side of the marker.

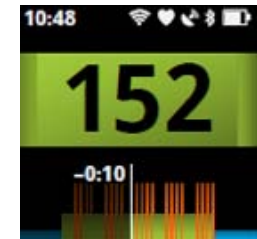
When you need to change the heart rate/pace zone, you'll see the following images with some vibrations.

### Zone alerts



If you have a headset connected, you'll also receive an audio message.

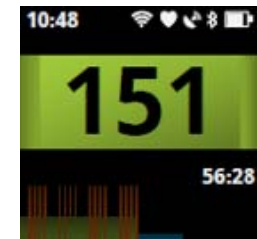
Prior to an upcoming zone change, the workout time displays the countdown. As the zone change alert approaches, you'll see an overlay outlining the remaining time until you change zones. The change is accompanied by a vibrating alert.



The alert appears as soon as the zone changes, and there's a long vibration. The screen times out for 4 seconds. Overlays are colored according to the approaching zone's color (either heart rate or pace) and the numbers represent the time you'll spend in that zone.

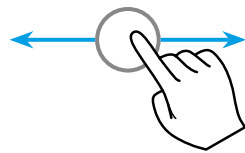


If you continue working out after the plan ends, the marker will remain at the right-hand side and the time continues to count.



During your coached workout, you have access to the same screens – stats and music – as the Free Workout.

If auto scroll is active (see section 4.4.4), you'll always return to the main workout screen after 6 seconds if left untouched.



Scroll sideways to access both screens.



Creating manual splits or using Auto Laps during coached workouts is handled in the same way as it is in Free Workouts (see section 4.2.1.1).

When you pause a coached workout, the screen looks similar to the Free Workout screen but contains the workout plan graph with heart rate or pace data overlaid.

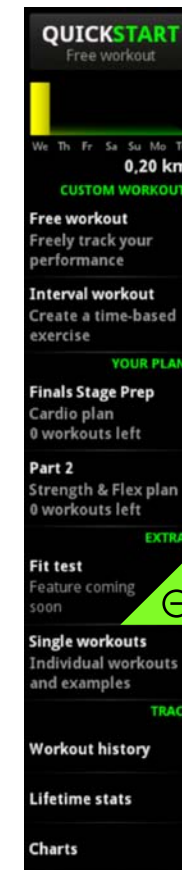


Coached workout summaries are similar to Free Workouts, but they display the graphs (see section 4.2.1.1). The graph visually shows how well you followed the coaching prompts and zone changes.



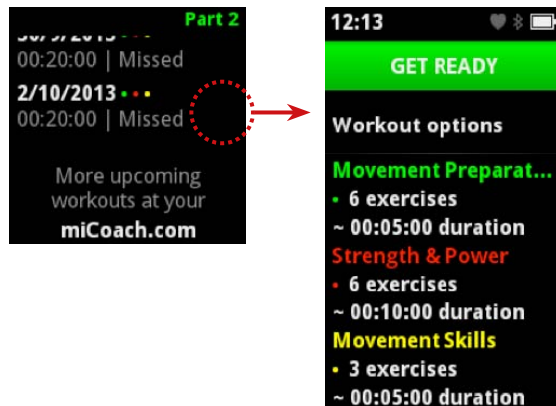
#### 4.2.2.2 Strength & Flex plan

Using Strength & Flex plans with Cardio plans provides you with the balanced, well-rounded training you need to take your training to the next level. These plans focus on balancing out your cardio training with strength and flexibility training. Training for strength and flexibility gives your body the strength, mobility, stability, speed, and power it needs to run and move more efficiently.

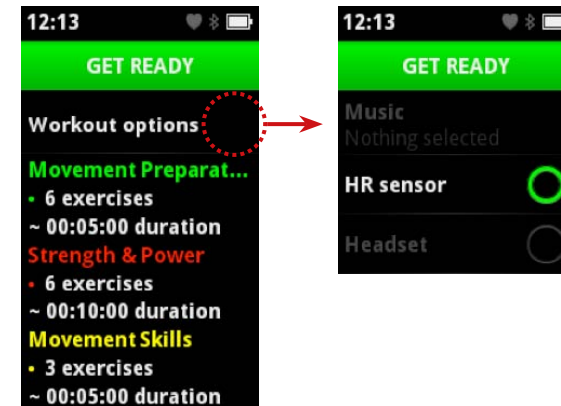


The Strength & Flex plan view shows your next workout as the first item. The initial number of items in this view is 10. The title of each item is the date and the subtitle is the duration of the scheduled workout. The bullets next to the title represent the sets and intensity. Scroll down to see missed workouts. You can still complete those workouts if you like. Any future workouts can be viewed by scrolling up.

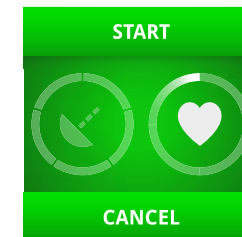
Touch any list item to open the Get Ready screen for Strength & Flex workouts.



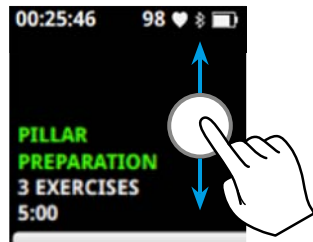
Workout options in Strength & Flex plans are similar to Free Workout options. Marathon mode isn't available for Strength & Flex plans. This mode is specific to cardio workouts.



To search for heart rate sensors and start your workout, tap "GET READY."



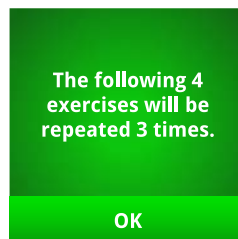
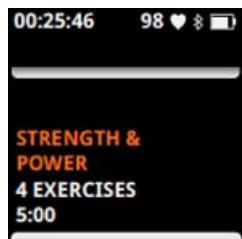
In the exercise view within a Strength & Flex plan, the status bar shows the heart rate value on the left-hand side of the heart rate icon.



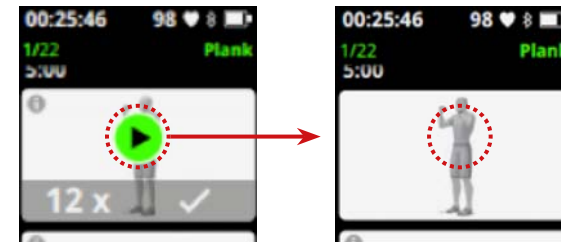
The exercise view lists all exercises required for the chosen workout. Scroll down to see them.

**Note:** There are no manual splits or Auto Laps in Strength & Flex plans. A short press on the miCoach button has no functionality when performing a workout in a Strength & Flex plan.

When you have a set of exercises (multiple repeated exercises), the number of items and repetitions is overlaid.

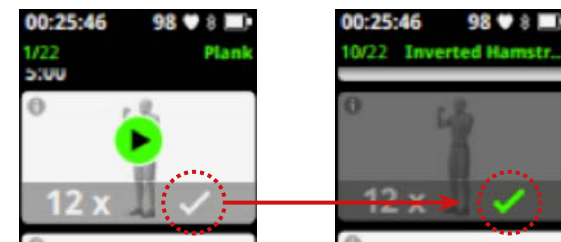


If you tap the content item, the play and pause options will appear. While playing the content, the controls are hidden. When paused, they're displayed.

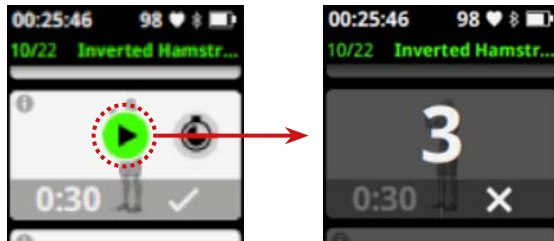


Tap the check mark on the right-hand side of the lower screen to mark an exercise as complete. A vibration confirms the exercise has been completed. Your miCoach SMART RUN will automatically take you to the next exercise to ensure a smooth transition through your plan.

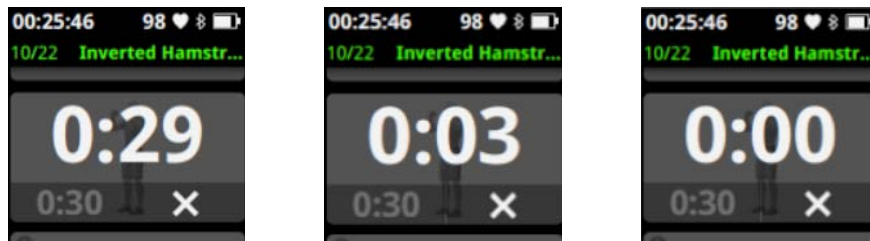
**Note:** Exercises that have already been checked can also be unchecked and repeated again at any time.



Time-based exercises are marked with a timer icon next to the play icon. Selecting play starts the sequence. The countdown is supported by short vibrations. Tap the “x” button to cancel the countdown and the specific exercise.



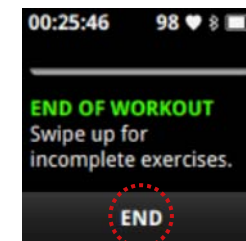
A longer vibration emphasizes the beginning of the exercise. The last 3 seconds are signaled by short vibrations. A longer vibration indicates the end of the exercise.



Below is an overview of actionable icons shown during Strength & Flex exercises.

Icon	Icon Name	What it Means
	Play Video	Press to begin an exercise animation.
	Check	A check mark indicates that the exercise has been completed and you can move on to the next exercise in the set.
	Info	Provides additional information related to the exercise.
	Rep Amount Icon	Select the amount of reps for the exercise.
	Rep & Set Amount	Select the amount of reps and sets for the exercise.

To end a workout, scroll to the last item in the exercise view. Ending this workout displays the same overlays you'd see in a Free Workout (see section 4.2.1.1).



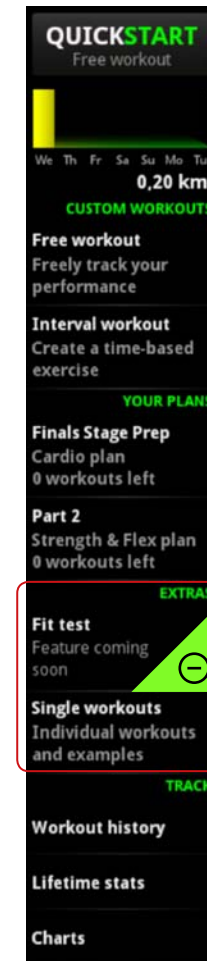


### 4.2.3 Extras

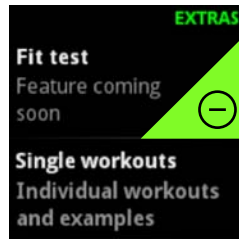
Pausing a Strength&Flex workout works the same as in Free Workouts. The first screen shows basic workout data. Tapping “RESUME” takes you back to the workout, while tapping “END” brings you to your workout summary.



Extras is the third subdomain in the miCoach domain. Scroll down past your plans to find it.



Extras is divided into Fit Test and Single Workouts.



#### 4.2.3.1 Fit Test

We're currently working on a new Fit Test, which will be introduced in the future via a firmware update. Stay tuned for updates.

Meanwhile, you can perform an Assessment Workout to customize your miCoach Zones, both pace and heart rate, and make your training more efficient and effective. The Assessment Workout is a 12-minute training session with audio instructions. You'll start out walking and slowly transition to higher efforts, ending with a 2-minute cool-down to measure recovery. Once you've completed the initial assessment and you've started training, retake the Assessment Workout periodically to check your progress anywhere throughout your plan.

#### 4.2.3.2 Single Workouts

Single Workouts are individual workouts that you can perform anytime. These workouts can be created on miCoach.com. A preset number of workouts are already available when you initially create your miCoach account as easy and simple reference workouts for you to try.



##### Here are a few ways to use Single Workouts:

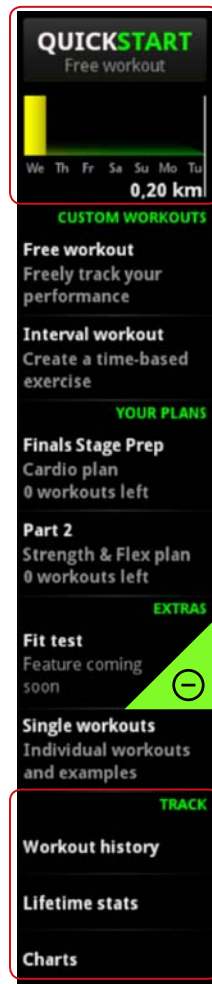
- **Assess your fitness.** Take the Assessment Workout to set your personalized zones and track your fitness improvements.
- **Enhance your training.** Complement your Cardio or Strength & Flex plan with Single Workouts. You can choose workouts that relieve pain or help your body recover faster from your training.
- **Raise your game.** Do practice prep to warm up for a game or practice. Sustain your performance by using the flexibility and massage workouts to relieve aches and pains, keep your body in balance, and bounce back stronger from tough workouts.
- **Keep your routine fresh and fun.** Do Single Workouts to mix things up and learn something new. Try a new workout, learn new exercises, or just complement your existing training routine.

We recommend you manage your Single Workouts on miCoach.com. On miCoach.com you can drag and drop any Single Workout into your workout training schedule to customize your training.

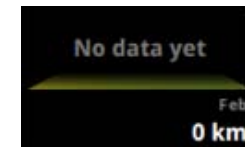


## 4.2.4 Track

Track consists of two main parts. The first is the main screen visual area and the second is a group of buttons.



“No data yet” will be shown when you don’t have workouts saved.



**Total distance:** This graph reflects the total distance covered over the past 7 days.



This graph reflects the total distance covered over the current month.

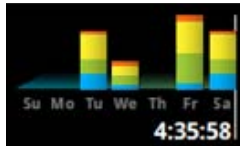


**Calories:** This graph reflects the total calories burned over the past 7 days.



This graph reflects the total calories burned over the current month.





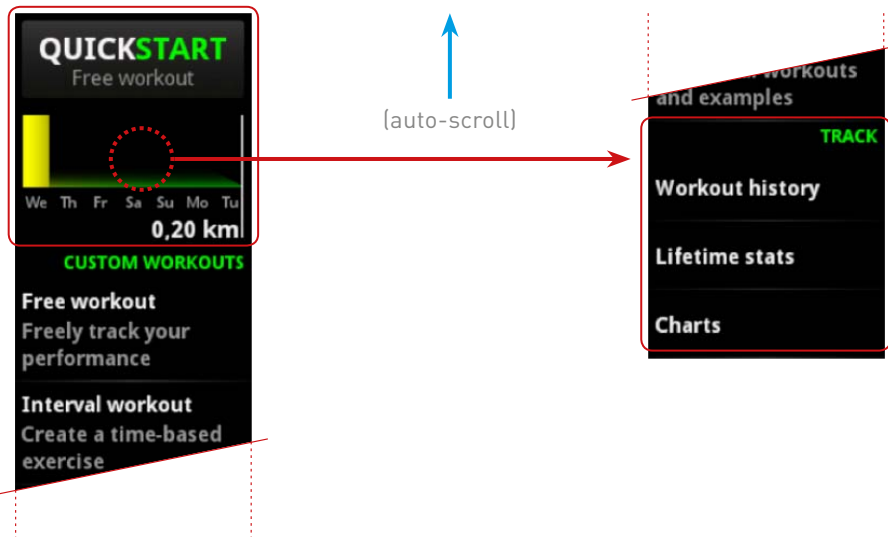
**Duration:** This graph shows a breakdown of time spent in individual intensity zones over the last 7 days.



This graph shows a breakdown of time spent in individual intensity zones over the current month.

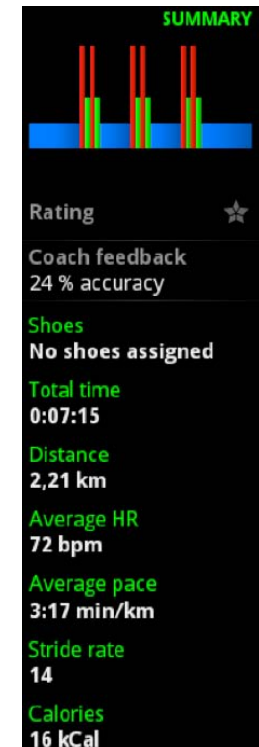
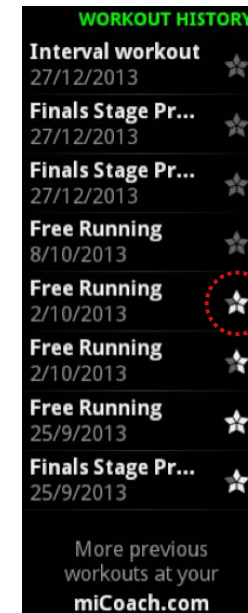
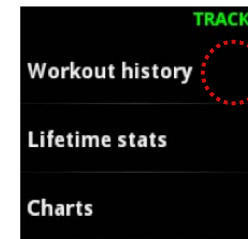
The zone graphs show the bars as stacked miCoach Zones.

The graph at the top of the miCoach main view provides a shortcut to the Track section to select any other graph you may want to use.



### Workout history

The workout history view shows all workouts you've performed with your miCoach SMART RUN and any other miCoach device or service you use. If you run with your miCoach SMART RUN today and compete in a football match with the miCoach SPEED\_CELL™ tomorrow, both workouts will be available in your workout history as combined data so you can keep track of your overall performance.



Your miCoach SMART RUN holds up to 20 workouts in your workout history. Tapping on any item in this view will take you to the workout summary so you can review your stats for those workouts. All other completed workouts are available on miCoach.com for review.

Workouts that aren't synced have two icons next to them, an attention icon and a sync icon. As soon as you come within range of a previously set up WLAN area, those workouts will automatically sync to your miCoach.com account.

### Lifetime stats

Lifetime stats are a compiled list of all of your stats across all completed workouts. Stats are broken down into time sections showing achievements for this week and last week. The list is ordered by activity type so you can review your data based on any activity you did for more accurate tracking and comparison.



## Charts

This setting allows you to change the miCoach view main chart (see section 4.2.4).

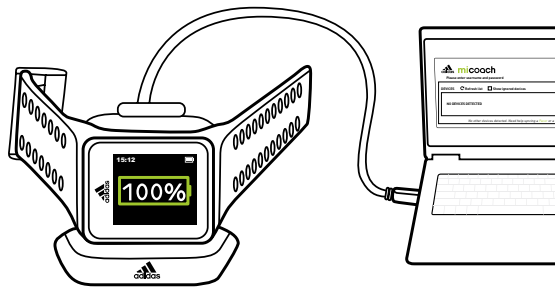


## 4.3 Music domain\*

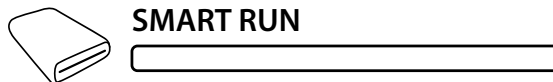
Stay motivated and enjoy your favorite tunes while working out with your miCoach SMART RUN. Read this section to learn how to manage your music files.

### 4.3.1 Managing music files

To transfer music files onto your miCoach SMART RUN, place your miCoach SMART RUN in the charging cradle and attach the USB cable to your PC/Mac (see section 3.1).

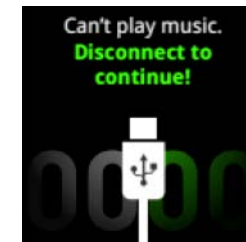


You will find your miCoach SMART RUN on your desktop or under My Computer on your PC/Mac.



Drag and drop the music files you'd like to use for your workouts onto your miCoach SMART RUN. All music file information such as artist, song name, album name, and any album cover art will be transferred along with the file (if data is available for the file on your PC/Mac). When you're finished, disconnect your miCoach SMART RUN from your PC/Mac. Now you're ready to go!

**Note:** When syncing music to the device, the Music domain isn't accessible. You'll be informed with the following message: "Disconnect the device again from your PC/Mac to unlock the Music domain again and access any songs you may have synced."



**\*Warning:** Avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.

### 4.3.2 Using the music player

#### Player and cover art

The current or last played album cover is shown in the background.

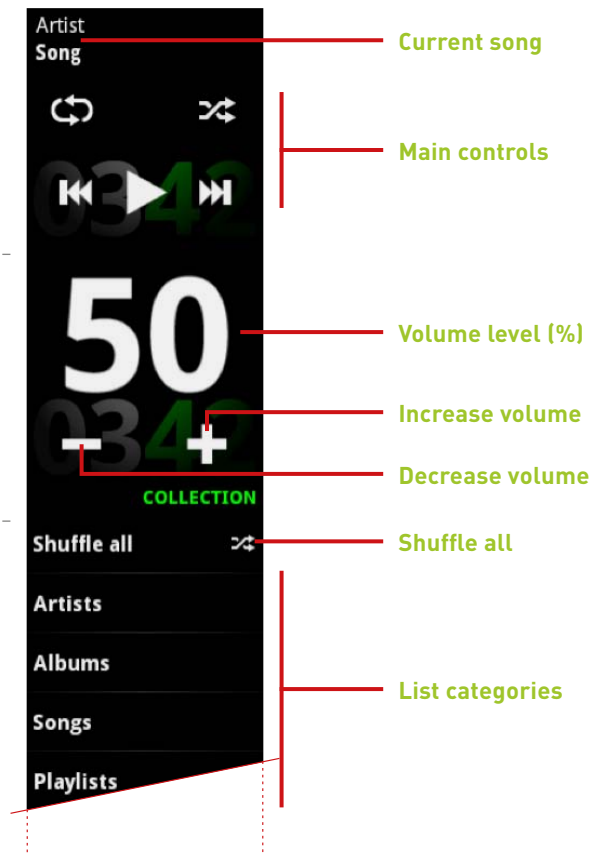
#### Volume controls

The main volume control displays the volume level in percentage.

#### Music selection

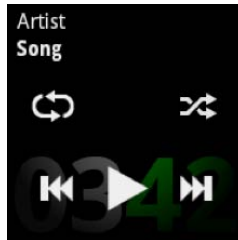
All music content list items.

#### Music main view





### Music player main controls



Icon	Icon Name	What it Means
	Play/Pause	Play and pause are toggled. Note that there is no stop, only pause.
	Back one/ Rewind	<b>Single press:</b> Skips back a song. <b>Long press:</b> Rewinds the song. This continues to the beginning of the song.
	Skip/Fast Forward	<b>Single press:</b> Skips to next song. <b>Long press:</b> Fast forwards the song. This stops at the beginning of the next song.
	Repeat	<b>1. First press:</b> Repeats all songs within the current playlist. <b>2. Second press:</b> Repeats current song. <b>3. Third:</b> Off (no repeat).
	Shuffle	Randomizes the current playlist.

### Volume control



Tap on the plus and minus buttons to adjust the volume in 5% increments. Tap and hold to adjust the volume slowly but continuously in 5% increments.



When volume adjustment reaches the minimum level, the volume percentage is replaced by a muted icon.



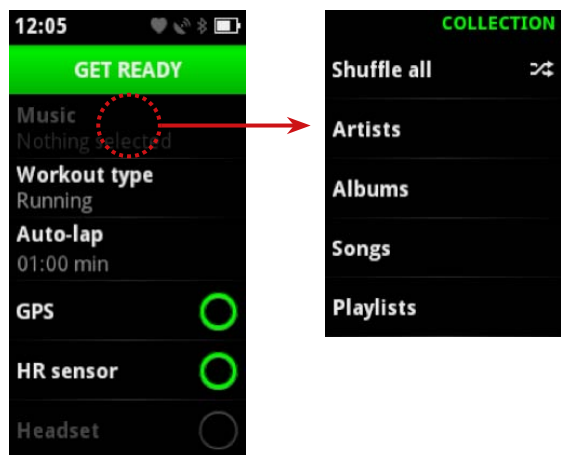
When volume adjustment reaches the maximum level, the volume percentage is replaced by a MAX label.

**Note:** The music player volume adjusts the master volume. To adjust the volume balance between music and audio coaching, see section 4.4.3.

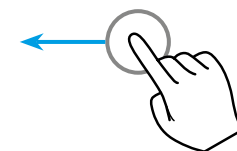
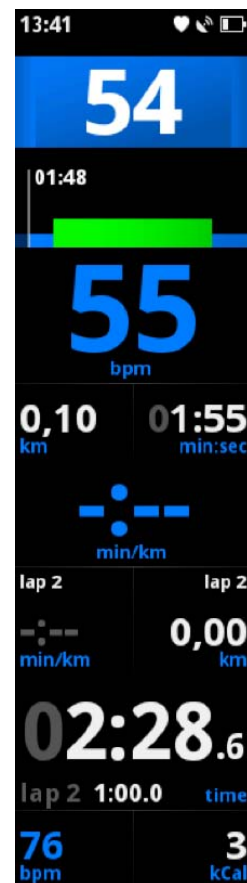


### 4.3.3 Managing music during a workout

To power your workout with music and stay motivated, make your music selections before starting your workout. The music starts playing when your workout starts. You can also choose to not listen to music at all by tapping “None” from the collection view.



#### Get real-time feedback



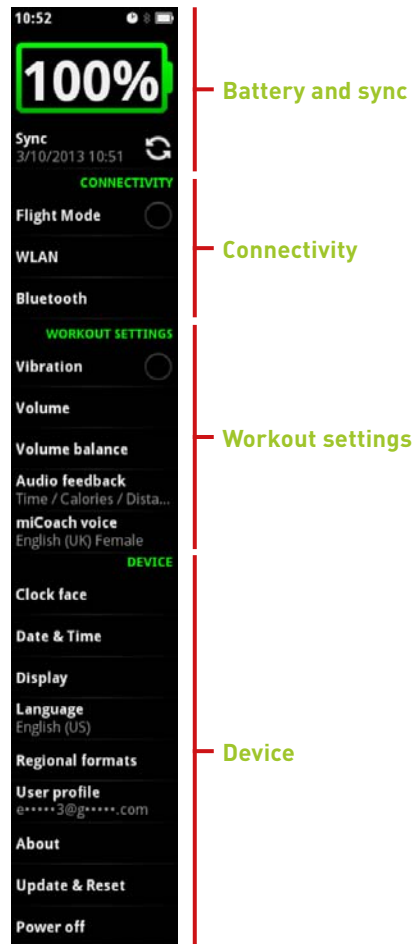
Scroll left during your workout to manage your music.

#### Manage your music



## 4.4 Settings domain

The Settings domain is divided into four subdomains. Scroll down to find your miCoach SMART RUN setting options.



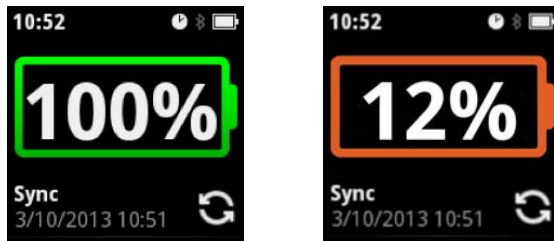
The status icons indicate the basic state of your miCoach SMART RUN at the top of selected screens. (For status icon details, see section 3.2.)



## 4.4.1 Battery and sync

### 4.4.1.1 Battery status indicator

The battery icon on the main settings screen provides a status on the current battery level of your miCoach SMART RUN. Any charge below 15% is indicated by a red outlined battery icon (for charging instruction, see section 3.1). We recommend recharging the battery as soon as possible when the battery life is at 15% or less.



### 4.4.1.2 Syncing

Your miCoach SMART RUN has two different ways of syncing data: workout sync and manual sync.

#### Workout sync

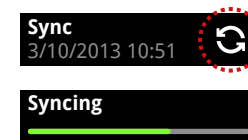
Once you completed a workout and saved it, your miCoach SMART RUN will automatically sync this workout with your miCoach.com account when it comes within range of your WLAN. Your miCoach SMART RUN will by default search for a previously connected WLAN for approximately an hour after a workout has been completed.

#### Manual sync

You can manually sync your workouts, profile, device settings, and training plans by tapping on the refresh icon.

**Note:** If you make changes to your workout schedule, plans, profile, or screen customization settings on miCoach.com, you need to manually sync to have those changes take effect on your miCoach SMART RUN.

During an active sync, the screen is disabled until the synchronization is complete.

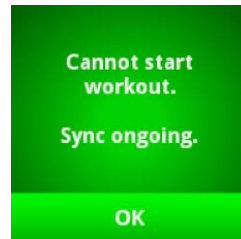


The sync status shows the time and date of the last sync.

When syncing is in progress, the Sync list item header changes to Syncing and the status is replaced by a progress bar.



If you attempt to start a workout while syncing, the progress overlay is shown.

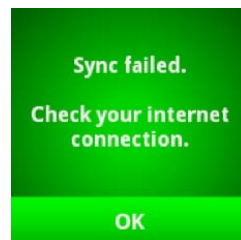


The status bar sync icon blinks during syncing. The blink frequency is 0.7 seconds shown and 0.3 seconds hidden.



If WLAN isn't available, you'll see an error message and feel a 2-second vibration.

If this happens, review your miCoach SMART RUN WLAN settings (see section 4.4.2.2).



## 4.4.2 Connectivity

In this section, you'll learn more about flight mode, WLAN, and Bluetooth® connectivity.

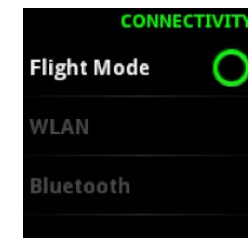
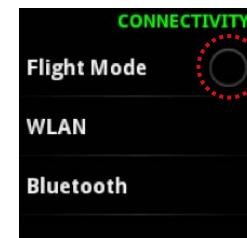
### 4.4.2.1 Flight mode

Flight mode disables your miCoach SMART RUN's wireless features to reduce potential interference with aircraft operation and other electrical equipment. This includes WLAN, GPS, and Bluetooth® functionality.

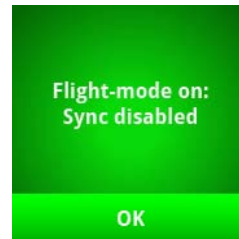
To turn the flight mode on, tap on "Flight mode." Once flight mode is activated, the circle next to the menu item will turn green. Flight mode is also indicated with a small icon on the top status bar (see status icon overview in section 3.2). When flight mode is activated, no WLAN or Bluetooth® signals are emitted and GPS reception is turned off.

You won't be able to use any features that depend on these signals, such as starting a workout with GPS sensors, syncing your workouts or profile through WLAN to miCoach.com, etc. If allowed by the aircraft operator and applicable laws and regulations, you can use your miCoach SMART RUN without these functions.

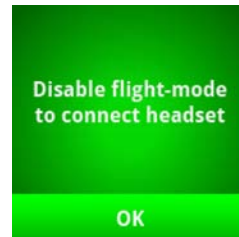
On the screen, both WLAN and Bluetooth® menu items will be shown as inactive during flight mode and can't be accessed.



If you try to sync to miCoach.com despite flight mode being active, the next screen overlay will appear to inform you of the current flight mode state accompanied by a vibration.



If you try to listen to music while in flight mode, the screen overlay will appear with a vibration. Listening to music requires an active Bluetooth® connection to a wireless Bluetooth® headset which isn't possible in this mode.



To turn off flight mode, tap the menu item again. The green circle should be removed and you'll now be able to use your miCoach SMART RUN.

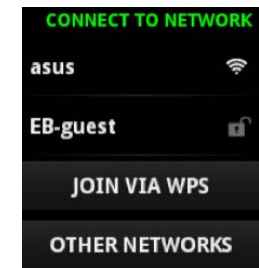
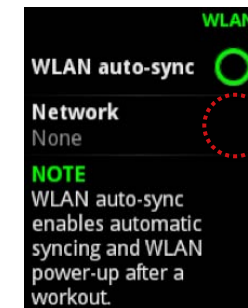
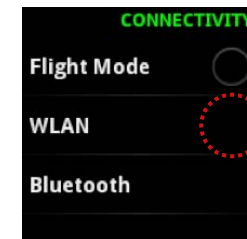
#### 4.4.2.2 WLAN

When setting up your miCoach SMART RUN (section 3.5), WLAN is also configured.

If you want to set up a new WLAN later, you can use the virtual keyboard or WPS.

##### Connecting to WLAN using the virtual keyboard

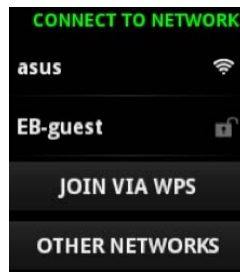
The Network item in WLAN settings shows the current connection and provides access to the available networks view.



If no connection is active, this view shows a list of available networks. You can also tap “JOIN VIA WPS” for WPS-based networks or “OTHER NETWORKS” to see hidden networks.

**Note:** If WLAN auto sync is disabled, you can still sync your miCoach SMART RUN manually. If you activate flight mode, sync won’t be available.

If you already have a WLAN set up, the selected network item moves to the top of the view and the connection icon becomes animated.



If you want to set up another WLAN, tap on the desired network and use the keyboard to enter your password (see section 3.8 for keyboard use instructions).



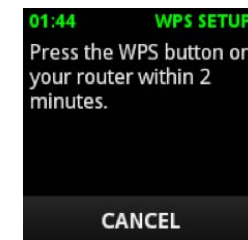
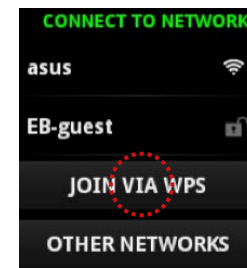
If the connection is successful, it will be confirmed by an overlay that automatically disappears after a timeout.



### Join via WPS

WPS is a standard for easily and securely setting up wireless networks and connections.

The available networks view provides a button to connect to a WPS-based network. To connect to a WPS network, tap “JOIN VIA WPS.” The timeout is shown in the upper left-hand corner as the digits count down.

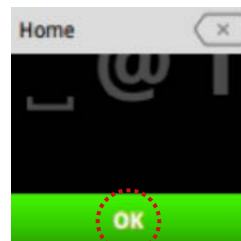
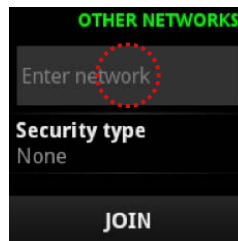
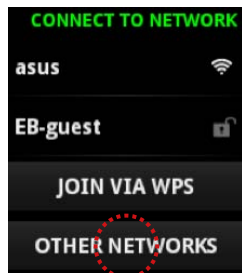


A successful connection is confirmed by an overlay that automatically disappears after 1–2 seconds and a vibration.



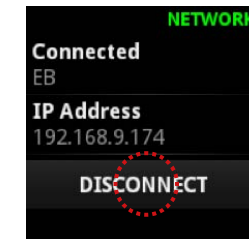
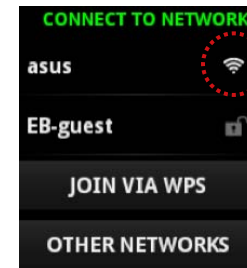
### Join a hidden network

To connect to a hidden network, tap "OTHER NETWORKS" and enter the network name using the virtual keyboard. If the input field is empty, the button will remain disabled. You can also select the security type, but it isn't required.



### Disconnecting WLAN

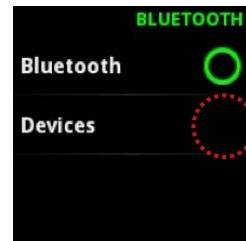
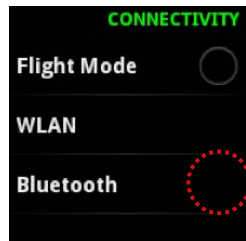
Selecting the current network item provides access to the network info and the disconnect option.



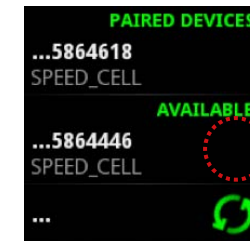


### 4.4.2.3 Bluetooth®

To manage your Bluetooth® devices, tap “Bluetooth” in the Connectivity view. This provides access to the Bluetooth® menu view. From this screen, you can turn Bluetooth® on or off and manage your devices/sensors.



If you tap into the Paired devices section, you’ll see all paired devices in alphabetical order as separate items each with a connection status. With Bluetooth® enabled, this view also lists available devices that aren’t paired.



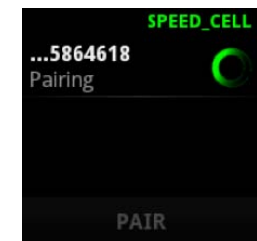
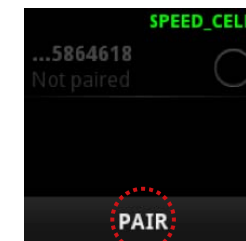
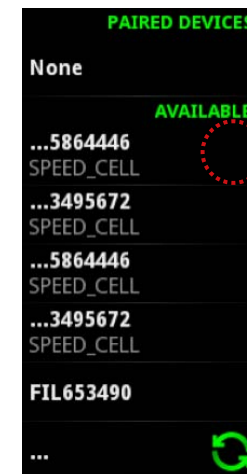
#### Turn Bluetooth® on and off

You can easily turn Bluetooth® on and off by tapping on “Bluetooth.” A green circle indicates Bluetooth® is turned on. When you tap this item, the circle is deactivated and Bluetooth® is turned off. Tapping “Bluetooth” again turns the Bluetooth® connection on again and the circle turns green.

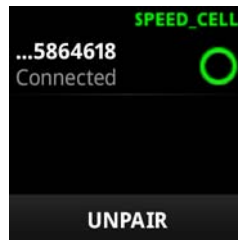
#### Manage your devices/sensors

If you’ve already paired devices with your miCoach SMART RUN, those are always accessible regardless of Bluetooth® being on or off. Under Paired devices, you’ll find all previously paired devices separated by commas and in alphabetical order. With Bluetooth® enabled, this view also lists available devices that aren’t paired.

Tap on the device and the device view will open. Tap on “PAIR” to start the pairing process. During the pairing process, the circle is animated.

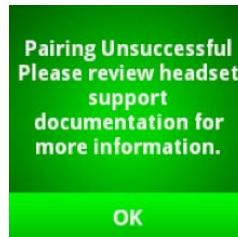


If the pairing process is successful, it will appear as connected. To unpair it, tap “UNPAIR.”



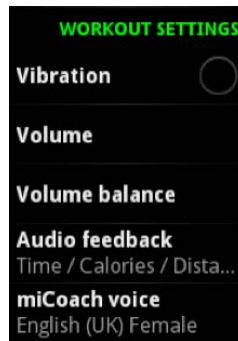
**Note:** If your headset only has the antenna located on one side, wear your miCoach SMART RUN on the same side of your body to ensure a strong signal and smooth audio quality.

If your device isn't supported, an overlay will appear.



### 4.4.3 Workout settings

Your workout settings controls everything related to the miCoach SMART RUN's settings while working out. You can control the following in this section:



- **Vibration**

Turn it on or off.

- **Volume\***

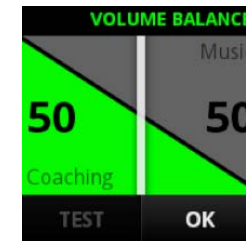
The volume setting is the master volume for the device regardless of whether you're using the music player or Settings.



**\*Warning:** Avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.

- **Volume balance**

The volume balance setting allows you to adjust the audio coaching volume in relation to the music player volume. In this view, the volume is set by either dragging the balance indicator (vertical line) horizontally or tapping on the screen (indicator jumps to tapped point).



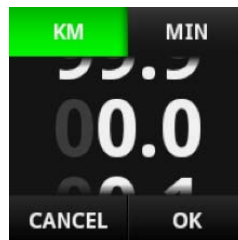
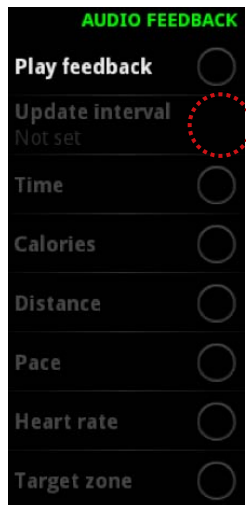
**Note:** Music or audio feedback can't be silenced completely. Due to legal requirements, the minimum balance is 10% to 90%.



- **Audio feedback**

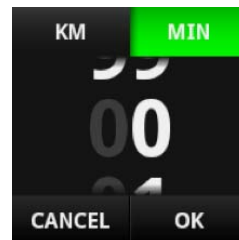
Use this feature to set up audio updates during your run. You can select between time- or distance-based updates. For example, if you want 1 km updates for time, calories, and pace, you'll hear an audio update every kilometer for the selected metrics. This helps you stay on top of your work-out and aware of what you've achieved.

If you disabled the play feedback option, all metrics are automatically disabled. This is a quick and easy way to disable this function in case you don't want these updates.



Distance

Units: Km, meters.

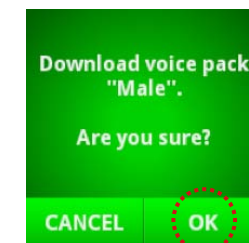
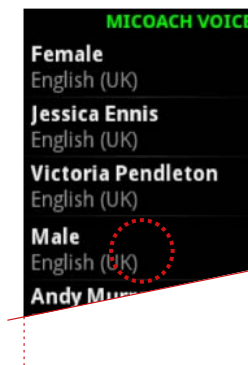


Time

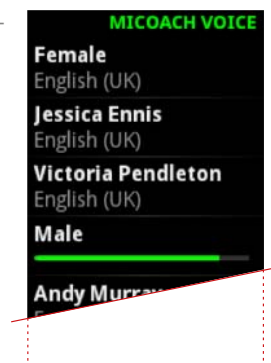
Units: Minutes.

- **miCoach voice**

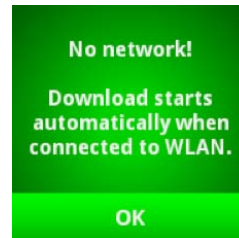
With miCoach, you can select your personal coach from a list of coaching voice packages we've created for you. You can be coached by your favorite adidas athlete and/or a coach who speaks your native language. The list displays all the voice packages currently available. We're working on adding more to this list, so keep checking back. Selecting a new voice triggers your miCoach SMART RUN to sync and update. Confirm your selection to download your personal coaching package.



If WLAN is available, a full sync is triggered. You'll be re-directed to the voice library view and the secondary label of the voice item is replaced by the sync progress bar.

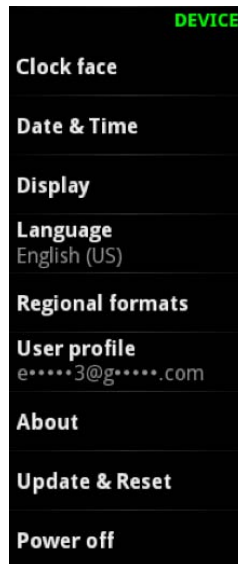


If there are no networks available, you'll be notified that the download will automatically start as soon as your miCoach SMART RUN is within range of a previously set up WLAN. No further action is required. Your miCoach SMART RUN knows what to do next.



#### 4.4.4 Device settings

In this section you can set your preferences, change accounts, and configure your miCoach SMART RUN settings. Customization options are outlined below.



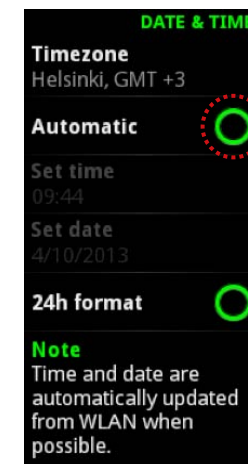
- **Clock face**

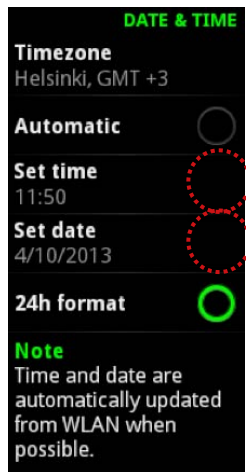
Scroll down to see different clock faces. The “SELECT” button for the clock face you currently have set up will be disabled.



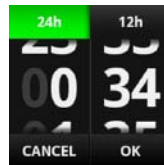
- **Date and time**

Set the current time zone by tapping it. If automatic is selected and WLAN is connected, the time and date are automatically updated. Removing the 24-hour circle updates time units immediately.

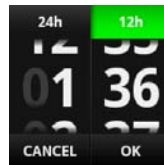




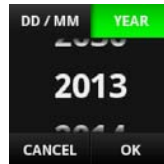
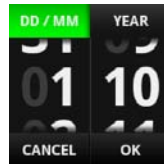
Set 12 h time.



Set 24 h time.

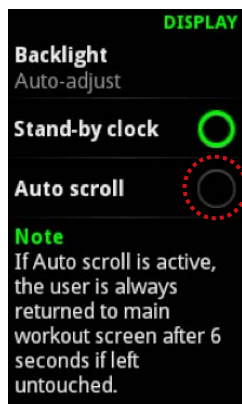


The day and month are set separately from the year.



- **Display**

Under the Display section, you can personalize the look of your miCoach SMART RUN.



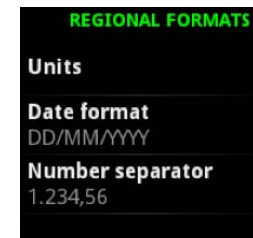
**Backlight:** Choose auto adjust for the display to automatically change based on your surroundings. Manual allows you to set it according to your preference.

**Stand-by clock:** The clock face will dim when the screen goes into stand-by mode. To leave stand-by mode, press the miCoach button. This function can be turned on and off in the device settings.

**Auto scroll:** If auto scroll is active, you'll always return to the main workout screen after 6 seconds if left untouched.

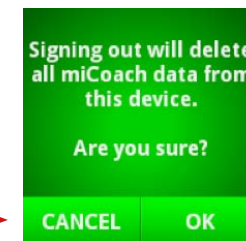
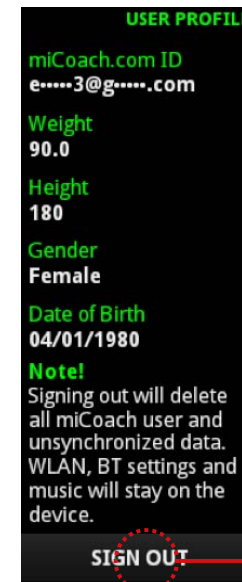
- **Regional formats**

Select the unit, the date format, and the number separator under Regional Formats.



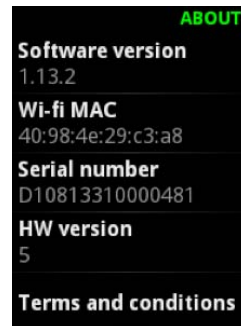
- **User profile**

Under User Profile, you'll find details about your account. You can also sign out and change to a different account.



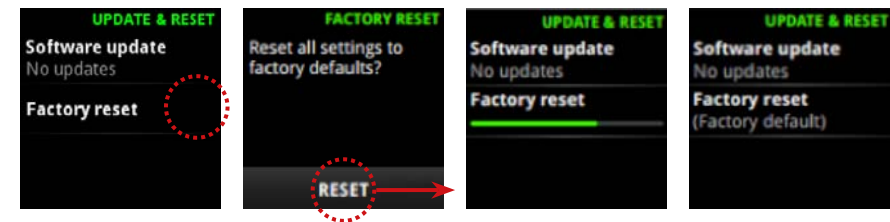
- **About**

Under About, you'll find details about your miCoach SMART RUN, including software version, legal info, etc.



If you want to clear your miCoach SMART RUN's settings and history or it keeps freezing, use the factory reset option. This will delete all stored information.

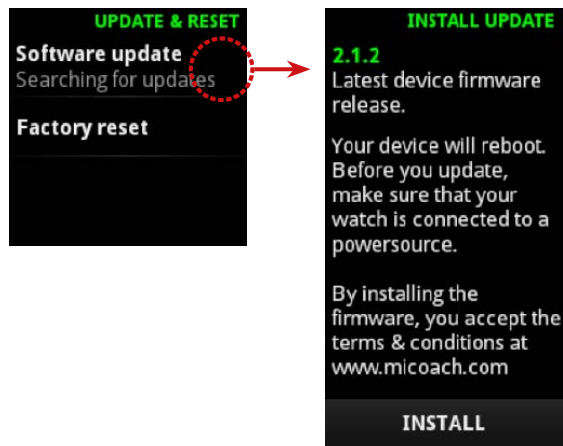
While resetting, a progress bar provides feedback on the ongoing reset process. After resetting, a secondary label is displayed to indicate a successful reset.



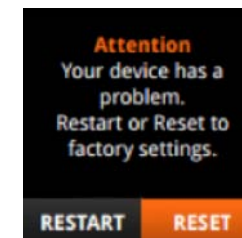
- **Update and reset**

Here you can search for software updates or choose to reset to the factory settings.

Keep your miCoach SMART RUN fresh and up-to-date by downloading software updates as they're available.



If your miCoach SMART RUN is malfunctioning but the dialog boxes are still active, you'll be prompted to revert to factory settings.



- **Power off**

Tap “Power off” to turn off your miCoach SMART RUN. For information about other ways to turn your device off, see section 3.4.



## 5. Care and maintenance

- Clean the sensor area and connection pads with mild soap and water as needed. If you use your miCoach SMART RUN regularly, weekly cleaning is recommended.
- Don't scratch the sensor area. Protect it from damage.
- Wipe your miCoach SMART RUN with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Don't expose your device to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage your miCoach SMART RUN's seal, case, and finish.
- Don't attempt to disassemble or service your miCoach SMART RUN.
- Protect your miCoach SMART RUN from impact shocks, extreme heat, and extended exposure to direct sunlight.

Your miCoach SMART RUN is splash proof and can be used outdoors. But it shouldn't be submerged in water. We recommend taking your miCoach SMART RUN off before showering.





## 6. Specifications

### HW Environment

MIO HR Sensing Component  
Texas Instruments OMAP4430 application processor PWM IC TWL6030  
WLAN / BT / GPS / FM combo chip Murata LBEL1CESEC (WL1281)

### Memory

PoP RAM 512 MB  
eMMC 4 GB

### Display

Truly 1.45" full color transfective TFT, resolution 184x184 pixels,  
with capacitive touch  
410 mAh rechargeable, internal battery, charging mechanism through  
charging clip.  
BT headset support (A2DP headsets)  
Operating Temperatures: -20 °C – +55 °C

### SW Environment

Based on Android OS 4.1 (Jelly Bean)  
adidas miCoach coaching application UI  
Music player audio formats supported: MP3, AAC, Ogg Vorbis

### Weight

miCoach SMART RUN device: 80.5 g  
miCoach SMART RUN charger: 9.7 g  
USB cable: 0.01 g

### Connectivity

2,4 GHz 802.11 b/g/n encryption (WEP, WPA, WPA2) Bluetooth® 4.0 (BLE) + EDR  
(3Mbps) A2DP and BTLE RSC (SPEED\_CELL™) profile support standalone GPS

### Sensors

Ambient light sensor  
Accelerometer



## 7. Customer service information

### 7.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 ("one") year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the adidas miCoach warranty available at [www.adidas.com/miCoach](http://www.adidas.com/miCoach).

The warranty is void unless the following conditions are met:

1. Your receipt containing the purchase details must be presented when warranty service is required.
2. The adidas miCoach warranty extends only to products originally purchased from an authorized adidas retailer or from adidas' own retail.
3. The warranty is void in case of any exclusions or limitations indicated in section 3 of the adidas miCoach warranty.
4. With regard to section 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

**Note:** The warranty card is in addition to and does not imply any loss of statutory rights. Please read section 5 of the adidas miCoach warranty for additional information.

### 7.2 Support

Please check the FAQ online, in the Help section. If you can't find an answer to your question there, please check the support forum or contact the customer support team.

Contact information is available under the Help section under Customer Service at [miCoach.com/support](http://miCoach.com/support).



## 8. Legal notes and disclaimer

### 8.1 Trademark and copyright

© 2013 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group.

### 8.2 Regulatory compliance

This product is compliant with Directives 2004/108/EC on Electromagnetic Compatibility 2006/95/EC on Low Voltage Directive. The relevant Declaration of Conformity is available at [www.adidas.com/miCoach](http://www.adidas.com/miCoach)

Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design, and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives, and guidelines a core element of our sustainability principles.

Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection, and recycling.



**Note:** If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

### FCC regulatory information

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

**Caution:** Unauthorized repair or modification may result in permanent damage to the equipment and/or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.



## Conformity Assessment Issues

### FCC/IC Regulatory Notice

#### Modification Statement

**adidas AG** has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

**adidas AG** n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

#### Interference Statement

This device complies with Part 15 of the FCC Rules and Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

#### Radiation Exposure Statement

This device complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines in Supplement C to OET65 and RSS-102 of the IC radio frequency (RF) Exposure rules. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le présent appareil est conforme à l'exposition aux radiations FCC/IC définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) dans le Supplément C à OET65 et RSS-102 de la fréquence radio (RF) IC règles d'exposition. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

### FCC Class B Digital Device Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### CAN ICES-3 (B) / NMB-3 (B)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conforme à la norme canadienne ICES-003.



### 1999/5/EC Directive

This device has been evaluated against the essential requirements of the 1999/5/EC Directive.conjunction with any other antenna or transmitter.

Bulgarian	С настоящето <b>adidas AG</b> декларира, че <b>G76792</b> отговаря на съществените изисквания и другите приложими изисквания на Директива 1999/5/EC.
Czech	<b>adidas AG</b> tímto prohlašuje, že tento <b>G76792</b> je ve shodě se základními požadavky a dalšími příslušnými ustanoveními směrnice 1999/5/ES.
Danish	Undertegnede <b>adidas AG</b> erklærer herved, at følgende udstyr <b>G76792</b> overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.
Dutch	Hierbij verklaart <b>adidas AG</b> dat het toestel <b>G76792</b> in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.
English	Hereby, <b>adidas AG</b> declares that this <b>G76792</b> is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
Estonian	Käesolevaga kinnitab <b>adidas AG</b> seadme <b>G76792</b> vastavust direktiivi 1999/5/EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.

German	Hiermit erklärt <b>adidas AG</b> , dass sich das Gerät <b>G76792</b> in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.
Greek	ΜΕ ΤΗΝ ΠΑΡΟΥΣΑ <b>adidas AG</b> ΔΗΛΩΝΕΙ ΟΤΙ <b>G76792</b> ΣΥΜΜΟΡΦΩΝΕΤΑΙ ΠΡΟΣ ΤΙΣ ΟΥΣΙΩΔΕΙΣ ΑΠΑΙΤΗΣΕΙΣ ΚΑΙ ΤΙΣ ΛΟΙΠΕΣ ΣΧΕΤΙΚΕΣ ΔΙΑΤΑΞΕΙΣ ΤΗΣ ΟΔΗΓΙΑΣ 1999/5/EK.
Hungarian	Alulírott, <b>adidas AG</b> nyilatkozom, hogy a <b>G76792</b> megfelel a vonatkozó alapvető követelményeknek és az 1999/5/EC irányelv egyéb előírásainak.
Finnish	<b>adidas AG</b> vakuuttaa täten että <b>G76792</b> tyyppinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.
French	Par la présente <b>adidas AG</b> déclare que l'appareil <b>G76792</b> est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.
Icelandic	Hér með lýsir <b>adidas AG</b> yfir því að <b>G76792</b> er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC
Italian	Con la presente <b>adidas AG</b> dichiara che questo <b>G76792</b> è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.
Latvian	Ar šo <b>adidas AG</b> deklarē, ka <b>G76792</b> atbilst Direktīvas 1999/5/EK būtiskajām prasībām un citiem ar to saistītajiem noteikumiem.



Lithuanian	Šiuo <b>adidas AG</b> deklaruoja, kad šis <b>G76792</b> atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.
Maltese	Hawnhekk, <b>adidas AG</b> , jiddikjara li dan <b>G76792</b> jikkonforma mal-ħtiġijiet essenzjali u ma provvedimenti oħrajn rilevanti li hemm fid-Direttiva 1999/5/EC.
Norwegian	<b>adidas AG</b> erklærer herved at utstyret <b>G76792</b> er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.
Polish	Niniejszym <b>adidas AG</b> oświadcza, że <b>G76792</b> jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC
Portuguese	<b>adidas AG</b> declara que este <b>G76792</b> está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.
Slovak	<b>adidas AG</b> týmto vyhlasuje, že <b>G76792</b> spĺňa základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.
Slovenian	<b>adidas AG</b> izjavlja, da je ta <b>G76792</b> v skladu z bistvenimi zahtevami in ostalimi relevantnimi določili direktive 1999/5/ES.
Spanish	Por medio de la presente <b>adidas AG</b> declara que el <b>G76792</b> cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.
Swedish	Härmed intygar <b>adidas AG</b> att denna <b>G76792</b> står i överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/EG.

In order to satisfy the essential requirements of 1999/5/EC Directive, the product is compliant with the following standards:

RF spectrum use (R & TTE art. 3.2)	EN 300 328 v1.7.1 EN 300 440-2 v.1.4.1 EN 302 291-2 V1.1.1
EMC (R & TTE art. 3.1b)	EN 301 489-1 V1.9.2 EN 301 489-3 V1.4.1 EN 301 489-17 V2.2.1
Health & Safety (R & TTE art. 3.1a)	EN 60950 -1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011 <b>EN 62479:2010</b>

The conformity assessment procedure referred to in Article 10 and detailed in Annex IV of Directive 1999/5/EC has been followed with the involvement of the following Notified Body

AT4 wireless, S.A.

Parque Tecnológico de Andalucía

C/ Severo Ochoa 2

29590 Campanillas – Málaga



SPAIN

Notified Body No: 1909

Thus, the following marking is included in the product: **1909**

Full declaration of conformity can be found at:

<http://www.adidas.com/miCoach>.

There is no restriction for the commercialisation of this device in all the countries of the European Union.

## 8.3 Legal notes and disclaimer within miCoach SMART RUN

To review all regulatory information as well as Open Source Licenses and Terms and Conditions, go to the About section in the Settings domain.

### 8.3.1 Medical disclaimer

Important information on your workouts with miCoach: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice. Before you start working out, you should get a medical checkup.

Please be aware that any communication with miCoach occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising. If you experience any pain, feel weak, dizzy, or exhausted, or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

The optical heart rate component build into the miCoach SMART RUN provides very accurate heart rate measurements. However, it's not a medical device.

You can use your miCoach SMART RUN with a Bluetooth® wireless headset to listen to music or other audio prompts. At the same time, please avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.



### 8.3.2 Precautions

Individuals who have a pacemaker, defibrillator, or other implanted electronic devices shouldn't use the miCoach devices.

#### Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately. A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Don't expose to high temperatures.

Don't disassemble.

Don't allow metal objects to contact or short-circuit the battery terminals.

Don't incinerate or expose to fire.

**Caution:** Risk of explosion if battery is replaced by an incorrect type.

### 8.4 Trademark footnote – Bluetooth®

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth® SIG, Inc. and any use of such marks by the adidas AG is under license. Other trademarks and trade names are those of their respective owners.

## R&TTE Declaration of Conformity

We, **adidas AG**, located in World of Sports, Adi-Dassler-Strasse, 1 D-91074 Herzogenaurach, Germany, declare under our sole responsibility that the product:

Type of equipment: **Fitness Monitor**  
Trade name: **adidas**  
Type or model: **G76792**

to which this declaration relates is in conformity with the essential requirements and other relevant requirements of the R&TTE Directive (1999/5/EC).

The product is in conformity with the following standards and/or other normative documents:

HEALTH & SAFETY (Art. 3(1)(a)):	EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011
EMC (Art. 3(1)(b)):	EN 301 489-1 V1.9.2 (2011) EN 301 489-3 V1.4.1 (2002) EN 301 489-17 V2.2.1 (2012)
SPECTRUM (Art. 3(2)):	EN 300 328 v1.7.1 EN 300 440-2 v1.4.1
EMF EXPOSURE (Art. 3(1)(a)):	EN 62479:2010

The conformity assessment procedure referred to in Article 10 and Annex IV of the Directive 1999/5/EC has been followed in association with the Notified Body listed below:

**AT4 wireless, S.A.**

The product carries the CE mark:


**CE 1909**

Technical file held by:

**adidas AG**, World of Sports, Adi-Dassler-Strasse, 1 D-91074 Herzogenaurach, Germany

Place and date of issue (of this DoC): Herzogenaurach, Germany - 21 August 2013

Authorized Signature by:

  
Simon Drabble  
BU Director - Interactive

  
adidas AG  
F.O. Box 1120  
91072 Herzogenaurach  
Germany